



# The Cowl



## New Year, New Look, New Ray

### Raymond Dining Hall's Newest Renovations and Redesigns

by **Hannah Langley '21**  
News Co-Editor

#### CAMPUS

This past summer, multiple changes and innovations were made to the layout of Raymond Dining Hall, including an upgrade to the beverage and breakfast stations and the addition of what Stuart Gerhardt, general manager of Ray, calls a “soft lounge.”

One of the biggest renovations made to the dining hall is the addition of a lounge area toward the back corner of Ray. The lounge includes new couches, cushioned chairs, vinyl chairs, high top tables, and multiple outlets for charging devices.

“We wanted to expand beyond the traditional dining hall,” explained Gerhardt. “And make a comfort area where people can sit and hang out

and relax.” With multiple outlets now accessible and comfortable seating arrangements, Gerhardt is hopeful that students will find the area helpful and use it frequently. He said that if enough students show interest in the new area, they will definitely consider adding more of these lounges throughout Ray.

Gerhardt, who has been the general manager of Ray for over eight years now, recognized the need for an update to many aspects of the dining hall. “The beverage stations,” he said, “were pretty old and beat up.” The new Coke Freestyle and Minute Maid machines are much more efficient and provide a better product for the students, explained Gerhardt.

Not only have these machines been replaced, but new water fountains and filtration units will be installed both at the beverage stations and at the main

entrance to Ray.

Along with the beverages, other stations throughout the dining hall have also been moved to accommodate students and create a better flow. The breakfast station is now one long station that includes the usual bagels and bread, along with new conveyor toasters, cream cheese, jelly, and butter station, with cereal at the end. The goal, Gerhardt explained, is to help make things move more efficiently and smoothly for students and to reduce the lines and waiting time as much as possible.

The dessert table has also been moved toward the dish return in the hopes that students will be more inclined to take a quick treat before heading out the door.

Gerhardt also highlighted the replacement of all of the black plastic plates and bowls with nicer white porcelain dishes. He knows adding the nicer plates and bowls creates a risk of greater breakage, but believes the overall cost and experience outweighs this potential hazard.

Gerhardt also understands that renovating the stations is not the last thing that needs change at Ray. “We want to improve the aesthetics, look, flow, and efficiency,” Gerhardt said. “But that also means enhancing the food and enhancing the product.” After hiring a new chef this summer, Gerhardt is hopeful that Ray will continue to improve its food offerings

and overall experience throughout the year and beyond.

Gerhardt also talked about how all of these changes are part of a bigger “master plan” for not only the dining hall, but PC’s entire campus. He mentioned how John Sweeney, vice president of business and finance, has been part of the whole process in renovating Ray and other parts of campus.

Most notably, returning students will notice the removal of the stairway that used to lead toward Ray. The new stairway, Gerhardt argued, not only leads directly to a path to the circle and creates a better flow of traffic for students, but also opens up the area. The stairway will be replaced with greenery, and new picnic tables will be added to the lawn area next to Ray.

Additional changes students can look forward to are the extension of Flo’s to Go’s hours, to 7:00 p.m. and Ray’s Sunday hours to 8:00 p.m. Gerhardt is also hoping to have a beginning of the year BBQ sometime in early September, as well as several other late-night food events.

While much has already changed in Ray over the past year or two, Gerhardt hopes this is only the beginning. He has several plans already in the works that he hopes will help enhance the experience of eating at Ray for the entire student body and PC community.



Freestyle Coca Cola and juice machines create a better aesthetic for Ray.

LAURA CHADBOURNE '20/THE COWL

## Oh, The Places You'll Go

### PC Students Take Learning Outside the Classroom During Maymesters

by **Kelly Martella '21**  
News Staff

#### CAMPUS

Many students spend time traveling during the summer vacation; others continue their studies and take courses during the break. Maymesters provide students the opportunity to do both of these things — all within the first few weeks of summer.

This year, Providence College offered two programs — one in Europe, and one in Africa.

A Maymester is generally a six-week course: five full days of class on campus, 10-14 days travelling abroad, and a few weeks upon return to work on an independent research project.

The programs can be a bit of a whirlwind due to the condensed time frame, but it is a fair trade considering the material is equivalent to that covered in a 14-week semester. Maymesters can also be great options for students who do not want to spend a full semester studying abroad or are unable to do so, with past participants calling them “incredible,” “fascinating,” and “a once-in-a-lifetime experience.”

Since the program’s introduction in, courses have covered a variety of topics and reached many destinations, ranging from the Road to Santiago de Compostela in Spain and Portugal to the relationship between the U.S. and Japan. Each course is taught by a group of professors across different disciplines, allowing students to explore a topic from many angles and develop a more complete perspective.

For example, Margaret Manchester, professor

of history, Eric Bennett, professor of English, and Eric Sung, professor of art and art history, led this year’s trip entitled U.S. and the Cold War in Eastern Europe.

The group traveled to Germany, Poland, and Hungary, visiting sites like the Berlin Wall, the Gdansk Solidarity Shipyards, the Warsaw Palace of Culture and Science, and the thermal baths in Budapest.

While the main focus of the course was history, students could also fulfill the fine arts requirement. Students learned about photography both on campus and abroad, and most completed a digital storytelling project upon returning from the trip.

Another Maymester group traveled to Ghana as part of the course Sustainability and Social Values: Systems Approach to Complex Problem Solving. The program started when the late Dr. Stephen J. Mecc, Ph.D. '64 & '66G took research students to Ghana in 2010.

The trip became a yearly event under Dr. Mecca, as students problem-solved and applied their solutions to real world issues. One year, for instance, they developed a flushing-valve toilet that required less than a cup of water. Students across majors were involved in the project. Some engineered the toilet, others translated the instruction manual, and others worked in educating the community.

Since Dr. Mecca’s passing in 2018, his legacy has continued to live on in the Ghanaian community. A book drive was held on campus during the spring, and donations were brought to schoolchildren in Ghana.

This year, professor Comfort M. Ateh

accompanied the program and documented the group’s experience in real-time on Twitter.

Six of the students were recipients of the Gallo Global Health Fellowship, a fund established by Robert C. Gallo, M.D. '59 & '74Hon. and his wife, Mary Jane Gallo, for annual service-oriented summer internships for students from multiple academic disciplines in clinical settings in the United States and abroad. Dr. Gallo is globally renowned for his breakthrough discoveries in HIV research, something the Fellows saw firsthand when they participated in HIV testing and counseling program.

The Maymester course offerings for 2020 will see programs in Cuba, England, Italy, and South Korea.



PHOTO COURTESY OF MARGARET MANCHESTER

Students and professors outside the Brandenburg Gate in Germany.



# Beginning to See the Light(houses)

## PC Rings in New Academic School Year with Convocation Ceremony

by Kyle Burgess '21  
News Co-Editor

ON CAMPUS

An assembly of students and faculty gathered in Peterson Recreation Center on Monday, August 26 to celebrate the beginning of the 2019-2020 school year during the annual Providence College Academic Convocation.

The students, many of them first-year undergraduates who had just undergone a full weekend of freshman orientation activities, looked on with their orientation leaders as professors, clad in ceremonial garb for the occasion, took their seats following a Friars Club escort.

Following the opening procession, invocation of the Holy Spirit, and singing of the national anthem, Father Brian Shanley, O.P., president of Providence College, offered a warm welcome to the Class of 2023 and the PC community.

He echoed the themes of the principal speaker Rev. Gregory Boyle, S.J.'s book *Tattoos on the Heart: The Power of Boundless Compassion* in his address, reminding students of the blessings they have received in their ability to attend Providence College.

"You have to be able to imagine lives that aren't yours," Fr. Shanley echoed, noting how it is the individual responsibility of all to ensure that marginalized groups both inside of PC and out are included in all aspects of society.

After Fr. Shanley's opening remarks, Student Congress President Kelsey Christianson '20 spoke about her own freshman year experience and the importance of finding role models that promote self-discovery and self-care during the college experience.

Reiterating the words of Steve Pemberton during his commencement address at last year's senior graduation ceremony, she emphasized the existence of "lighthouses" in people's lives as they "direct, correct, and protect" those who look up to them. In a similar sense, Christianson looked up to the upperclassmen in Student Congress as her mentors throughout her PC career and explained that she gained valuable insight as well as a new group of

close friends.

Rev. Boyle then took the stand, relating the day's themes to the personal connections he made with the characters in his book.

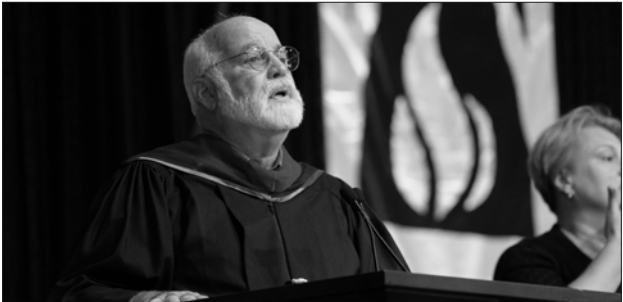
He shared multiple stories in which he saw how marginalized persons behave towards outsiders as well as each other, noting how at one social service function a woman had asked one of the gang members he had brought to the talk from his Homeboy Industries community outreach program why he joined.

The former criminal, covered in tattoos from head to toe to the horror of passersby at the airport the previous night, explained through tears and stage fright that he wanted his children to learn from his mistakes and not end up as he did. The woman then sobbed and called him one of the nicest and most genuine people she had ever met, and wished that his children would emulate their father when they grew up.

The event concluded with the recognition of new, full-time faculty members as well as the recipients of various scholarly and service-related awards before a reception and question and answer session with Rev. Boyle.

"After a weekend of icebreakers and settling into a new college environment, this was a great way to settle into the academic and religious aspects of the school year," explained Josh Sears '23. "It provided a small break on the first day of classes and helped gear us for what lies ahead."

Wishing a warm welcome home to all residents of Friartown both new and old.



NICHOLAS CRENSHAW '20/THE COWL  
Fr. Boyle was principal speaker at this year's convocation.

### Following is a list of professors recognized at the event:

Recognition of New Full-Time Faculty:  
Alexandria H. Caple, Ph.D. Psychology  
Shatanjaya Dasgupta, Ph.D. Economics  
Andrew John Allen Geist, Ph.D. Theology  
Mark A. Grabiner, Ph.D. Biology  
Vani Gupta, M.S. Mathematics / Computer Science  
Robert G. Hasson III, Ph.D. Social Work  
Melissa Huber, Ph.D. History and Classics  
LTC Tyler L. Jones, M.A. Military Science  
Frank D. Lin, M.B.A. Finance  
Stephen A. Long, Ph.D. Theology  
Kevin McMahon, M.A. Finance  
Hanan Mogawer, Ph.D. Chemistry and Biochemistry  
Joseph Ribaudo, Ph.D. Engineering-Physics-Systems  
MAJ Jarred Rickey, B.A. Military Science  
Erin Joy Schmidt, M.F.A. Theater, Dance, and Film  
Osama Siddiqui, Ph.D. History and Classics  
Melissa J. Silvestrini, Ph.D. Biology  
Charles A. Speicher, M.B.A. Accountancy  
Michael A. Wahl, Ph.D. Theology

Joseph R. Accinno Faculty Teaching Award:  
Edward E. Andrews, Ph.D. '01 History and Classics

Outstanding Faculty Scholar Award:  
Sharon A. Murphy, Ph.D. History and Classics

Faculty Service Award:  
Judith M. Morse, M.S.T. Accountancy

Teaching Excellence Award:  
Innovation in Teaching (Richard J. Barry IV, Ph.D. Theology)  
Visiting Faculty (Brian J. Lamoureux, J.D. Management)  
Adjunct Faculty (Patricia Tulli-Hawkridge, M.F.A. Theater, Dance and Film)  
The Rev. Robert J. Randall Distinguished Professorship in Christian Culture:  
Rev. Wilson D. Miscamble, C.S.C., Ph.D.

## Featured Friar: Dan Clark '20

by Brian Garvey '20  
News Staff

FEATURED FRIAR

Dan Clark '20 is making the most of everything the Providence College campus has to offer.

Originally from Central New York, Clark always thought he would be heading up to SUNY Buffalo after high school. In fact, the only other school that he applied to was PC. After one visit to PC, however, that all changed.

"When I first stepped onto campus I got a good feeling," said Clark. "When push came to shove I ended up wanting to go to college out of New York state."

Now a senior, Clark spent the summer doing research on campus with the biology department. Clark said, "I worked in Dr. Arévalo's lab and studied how mysid shrimp in Southern Rhode Island were being affected by warming waters. I wanted to do research to test and see what working in a lab is about."

While Clark enjoyed his time working in a research lab, his true goal and passion is dentistry.

Clark loves the personal connection that is built between patients and dentists, saying "I wanted to become a dentist because smiles are pretty contagious, and I want to help people smile."

Being a people person, Clark sees this field as a place he can really thrive in. "The dental profession has a real

personal aspect to it, and you really get to know your patients."

Clark plans on jumpstarting his dream career by applying for a Navy Dental scholarship, and after that to dental school. "I would work for the Navy as a dentist on a base. In the end, it seems like a fun job with a chance to improve someone's life every day."

Clark is also a big fan of the outdoors, quickly getting involved in some of Providence College's most active clubs. He is the President of the Outdoor Adventure Club, leading hiking and skiing trips all around New England.

He is also the Captain and VP of the Club Ultimate Frisbee team, who regularly place highly in inter school tournaments.

Clark encourages anyone interested in these exciting clubs to reach out and join the fun!



PHOTO COURTESY OF DAN CLARK '20  
Clark loves making new friends around PC.

## In Memoriam: Paul Shanley

by Hannah Langley '21  
News Co-Editor

CAMPUS

On Monday, August 19, 2019 Paul Shanley, twin brother of Fr. Brian J. Shanley, O.P., passed away at the age of 61 after a several month-long battle with a rare form of bone cancer.

Shanley, a graduate of Roger Williams University, earned his B.S. in criminal justice and Master's in public administration.

Shanley committed his life to serving in law enforcement throughout Rhode Island, beginning his career in the Warwick Police Department, which he served in for 26 years. During his time here, he became a Captain and was recognized with several different honors and awards for his outstanding service to the community.

After leaving Warwick, Shanley worked at Brown University in the Department of Public Safety as Deputy Chief of Police.

All of those who knew Shanley have noted his love for golf, his

constant humor, and work in the church community. As a member of the St. Gregory the Great Church in Warwick, Shanley served as a Eucharistic Minister, a member of the Knights of Columbus, and president of the parish council.

Shanley is survived by his devoted wife, Patti, to whom he was married for 29 years, as well as his four children, Evan Shanley, Christopher Lawrence, Sean Lawrence, and Megan Shanley. Along with his immediate family, Shanley is also survived by his siblings and their respective spouses and children.

Services for Shanley were held on Thursday, August 22 at St. Gregory Church and was buried on Aug. 23 at St. Anne's Cemetery in Cranston, Rhode Island.

Shanley will be deeply missed by his family, friends, colleagues, and other loved ones. He will always be remembered by the PC community.



# Science After-Hours

## Friars Conduct Summer Research Projects on PC Campus

by Alexandra Huzyk '20  
News Staff

CAMPUS

Throughout the summer of 2019, a variety of different science departments at Providence College conducted multiple research projects.

A few areas of concentration included molecular and evolutionary biology, genetics, neurobiology, population and conservation biology, cancer cell metabolism, stem cell biology, and computational organic chemistry.

In the biology department, Alexis Rabbitt '20 conducted research with Dr. Pamela Snodgrass-Belt '91 on the circadian rhythms in *Drosophila*—commonly known as fruit flies. Rabbitt explains, “A circadian rhythm is the body’s internal clock that controls things like the sleep and wake cycle.”

“My research focuses on the quantification of the expression of the clock, time, and per genes that play an essential role in the regulation of circadian rhythm,” says Rabbitt. The purpose of this research, Rabbitt continues, is to determine how circadian rhythms fluctuate throughout the day and how they affect oxidation rates.

A normal day for Rabbitt included running polymerase chain reactions, freezing flies at different times during the day, dissecting fly heads to extract



Students stand before their final research to present their findings. PHOTO COURTESY OF CARINA ALESSANDRO '21

RNA, and measuring gene expression. “This research has important implications in the lives of shift workers who experience elevated risk of type two diabetes, obesity, and other chronic illness.”

After volunteering in Dr. Snodgrass-Belt’s lab, Rabbitt says, “I chose to do research for class credit and over the summer because I really enjoyed experiencing the more hands-on aspect of biology.” Rabbitt will continue to conduct research throughout the school year, and plans on applying to medical school in the future.

“This research taught me to apply

the biology I learn in lecture to real life,” says Rabbitt. “This will help me in the future by allowing me to think of biology on a broader scale, especially when it comes to medicine and applying biological concepts to human patients.”

Kyle Medas '20, a biochemistry major, became involved in research during the summer following his freshman year. He says, “I chose to do research because I knew that the experience I would obtain from being in a research lab would be much different than a lab from my courses.”

During this past summer, Medas

completed his third year of research in Dr. Seann Mulcahy’s lab. Medas says that the focus of this particular lab was to research, “possible strategies to synthesize a class of molecules known as alpha-carbolines.”

Robert Lesch '20, another student working in Mulcahy’s lab, explains, “The main point of this research is to increase the efficiency of alpha carbs, as all of our work is methodological,” and, “potentially lead researchers into finding applications of alpha carbs as pharmaceuticals.”

“My role in the lab would be to perform the desired reaction, work up the product mixture, then purify the desired product from other side-products,” says Medas. “From here, we analyze the product to determine if it is actually what we want, then move forward with further reactions.”

Medas will continue conducting research within Mulcahy’s lab, and hopes to have his work published. He says, “the experience I have gained from research will allow me to enter future labs with the knowledge of essential techniques.” In the future, Medas hopes to attend graduate school and eventually obtain a Ph.D. in chemistry.

Students who wish to participate in research are encouraged to consult with faculty who specialize in areas that they are interested in.

# Bursting the PC Bubble

## World Reacts to Recent Burnings in the Amazon Rainforest

by Thomas Edwards '20  
News Staff

WORLD NEWS

For nearly a month, the Amazon rainforest, the largest rainforest in the world, has had several thousand wildfires burning through it.

Wildfires are generally common in the Amazon during the dry season, which usually runs from August through mid-November. However, according to the data from Brazil’s National Space Research Institute (INPE), there has been an 84 percent increase in fires across the country from the same period last year.

What is causing this unusually high number of fires in the Amazon? Currently, there are roughly 9,500 fires burning in the Amazon rainforest. The Amazon produces larger amounts of moisture and humidity than other forests, making it more resistant to wildfires, according to the National Oceanic and Atmospheric Administration.

The first believed culprit is deforestation, according to Greenpeace. In a release on Aug. 22, Greenpeace stated that forest fires and climate change operate in a vicious cycle. “In addition to increasing emissions, deforestation contributes directly to a change in rainfall patterns in the affected region, extending the length of the dry season, further affecting forests, biodiversity, agriculture and human health,” Greenpeace stated in their release.

With deforestation fires increasing, so too do greenhouse gas emissions, increasing the overall temperature of the Earth. As the temperature increases, extreme

weather events, such as major droughts, occur more often.

The second believed culprit is farmers taking advantage of the dry season to clear land for livestock and more farmland.

The farming industry and international trade are the primary drivers of deforestation in the Amazon, with more than 75 percent of it coming from cattle ranching and soy bean production — two of Brazil’s main exports.

Most of the fires currently burning across the Amazon are man-made for the purposes of clearing land for agriculture. The forest, however, is not the only thing at risk from these fires. The native wild life and native communities are in the direct path to be enveloped and consumed by these fires.

Experts and activists blame Brazilian President Jair Bolsonaro for the fires and their destruction, citing Bolsonaro’s environmental and indigenous people’s policies. Since taking office, his administration has rolled back environmental protections and cut staff from both environmental and indigenous rights agencies.

Bolsonaro recently fired the head of the INPE, due to a report released that showed higher rates of deforestation under Bolsonaro’s administration.

His administration had also cut \$23 million from Brazil’s environmental enforcement agency as well as dismantled policies that protect the Amazon, instead working in favor of advancing economic priorities, such as agribusiness, mining, and fossil fuels.

According to the Articulation of the Indigenous People of Brazil,



Wildfires continue to engulf the Amazon rainforest. PHOTO COURTESY OF WIKIPEDIA.ORG

violence towards indigenous communities and their lands have been on the rise under Bolsonaro’s presidency.

Some indigenous rights groups say that Bolsonaro’s anti-environmental stances are contributing to the land disputes and violence faced by their communities. Some believe that Bolsonaro’s rhetoric about wiping out indigenous communities has emboldened people to use violence to remove Native communities from their land in order to take possession and sell it.

Experts believe that international political pressure may be the only way to stop the current devastation. French President Emmanuel Macron called for the state of the Amazon to be at the top of the agenda ahead of the G7 summit.

Early on Tuesday, August 27, Macron was joined by others in the G7 to pledge \$22 million in aid to Brazil to assist in combating

the fires. Bolsonaro rejected the aid, claiming Macron had ulterior motives, stating in a tweet that Macron “disguises his intentions behind the idea of an ‘alliance’ of the G7 countries to ‘save’ the Amazon, as if we were a colony or a no-man’s land.”

The Brazilian government, on top of refusing the aid, also threw in an insult towards Macron with a reference to the Notre Dame Cathedral fire in Paris this April.

“Thanks, but perhaps these resources are more relevant to reforesting Europe,” stated Bolsonaro’s chief of staff, Onyx Lornezoni, to the Globo broadcast network. “Macron cannot even avoid a predictable fire in a church that is part of the world’s heritage, and he wants to give us lessons for our country?”

The message of the Brazilian government to the rest of the world, in essence, is to mind their own business.



## Active Shooter Awareness: PC Must Communicate Action Plan

by Savannah Plaisted '21  
Opinion Staff

CAMPUS

Over the course of this past summer, the United States has been reminded on various occasions that mass shootings are still a plague in American society. Bulletproof backpacks have been in high demand for the upcoming school year, and many schools are taking closer looks at their precautionary safety measures.

Students at Providence College should be asking themselves and their campus security how exactly the College is prepared to deal with the presence of a mass shooter on campus, should that event occur.

At this point, gun safety procedure as it pertains to PC's campus is not a widely discussed or understood topic. Sadly, this lack of preparation grows more concerning as mass shootings continue across the country. How many people on PC's campus, especially its students who live here full-time, know what to do if there is an active shooter on campus?

Ultimately, the College needs to communicate to students a developed procedure concerning what to do should there be an active shooter on campus. How will we be notified? What should we do? Where are the safest places? Who

will respond to the threat?

A good way to begin sharing this information is at freshman orientation. With the beginning of each new school year comes the four-day orientation for freshmen, which is packed full of information and activities for students to partake in. This orientation, which already includes some sessions on campus safety, should also provide freshmen with safety information in the event of an active shooter.

Koren Kanadanian, chief of public safety, said in an interview in April 2019, "The Office of Public Safety is fully willing to participate in any orientation programs if invited, and has in the past and is scheduled to do so with Orientation Leaders and RAs this August." According to Kanadanian, the busyness of the orientation schedule has made it difficult to find time to share information about certain emergency situations.

Although the Office of Public Safety did end up participating in orientation this year, students and Orientation Leaders that took part in it this August can vouch for the fact that what students should do in the case of an active shooter was not covered by the representative from the Office of Public Safety.

According to Kanadanian, campus safety and security officers undergo various trainings in unison with the Providence Police



NICHOLAS CRENSHAW '20/THE COWL

Department, as well as the trainings performed for faculty and staff. This preparedness is a step in the right direction, but what use is this knowledge if the students themselves have no access to it? In the case of a legitimate emergency, would students know whom to turn to or what to do?

To address these concerns, PC should begin incorporating more information from Safety and Security in orientation. While it is a positive that the Office participated this year, information specific to gun safety should be conveyed directly to students.

And aside from freshman orientation, PC needs to develop a plan to educate upperclassmen who have already been through orientation and have not yet

received active shooter situation training.

The Sandy Hook shooting in Newtown, Connecticut, in which 26 children and teachers died, lasted only six minutes. Preparedness is key when it comes to these traumatic situations. PC needs to move faster to inform the student body of what to do in the instance of armed threats to campus. The school must also incorporate more frequent emergency drills into not only the orientation schedule, but also the remainder of the academic year.

So far this year, there have been at least 255 mass shootings in the United States. This is the largest number the US has ever seen. This epidemic is not going away.

## Spin Class Just Got Political *Why Boycotting SoulCycle is Counterproductive*

by Emily Ball '22  
Opinion Staff

POLITICS

Exercising is the time where people are 100 percent focused on themselves and working to improve their well-being. Whether one prefers a long run, a class taught by an instructor, or a trip to the gym, exercising is a way to form a supportive community with other people.

SoulCycle is a well-known community that unites people of all different backgrounds and values in a common love for exercise and inclusion. For this reason, many people are especially upset that one of SoulCycle's investors, Stephen Ross, hosted a fundraiser campaigning for President Trump's reelection. Now, people are choosing to boycott SoulCycle and Equinox, companies in which Ross is an investor.

However, boycotting SoulCycle is not an effective solution because, in reality, Ross does not oversee the function of the business, and the studios and company executives have never explicitly shown support for Trump. Instead, they promote inclusivity and openness, which are ideals that Trump is not known to promote.

The main supporters of this boycott believe that taking classes at SoulCycle and Equinox is an endorsement of Ross's political motives and approving of SoulCycle's choice to continue a partnership with someone who has controversial ideals.

"I'm very upset," Evan Johnson, a New York native and SoulCycle desk attendant, said. "I feel like it goes against everything they tell people to work toward and all the values they say they promote. I think Mr. Ross should consider his constituency and the base which supports his business."

According to the *New York Times*, Stephen Ross is a chairman for the Related Companies, a real estate firm that holds major shares in both Equinox and SoulCycle. "The holding is divided among the firm's partners, of which

Mr. Ross is only one, making him a minority investor," *New York Times* reporter Katherine Rosman said.

Although Ross does hold a financial stake in both companies, he does not hold a functional stake. He is not in charge of the functionality of the businesses and his political impact is not present in the operation of the businesses.

"SoulCycle in no way endorses the political fundraising event being held later this week," Melanie Whelan, the CEO of SoulCycle, said in a statement. "Mr. Ross is a passive investor and is not involved in the management of SoulCycle."

Aside from Whelan's statement detaching the company from Ross' personal values, the company also communicates its support for diversity and inclusion in other ways. SoulCycle celebrated Pride Month this past June. The company released a line of Pride-themed retail merchandise for purchase, and they also designed downloadable Pride posters for their riders to take to the

various Pride parades occurring around the nation.

SoulCycle also held an array of Pride Rides throughout the month dedicated to promoting love and inclusivity. In fact, SoulCycle offered a 10-class bundle called the "Pride Pack" which donated a portion of its proceeds to the Trevor Project, a nonprofit organization committed to reducing suicide rates within LGBTQIA+ youth.

"Other than being the best physical workout I have ever had, SoulCycle also pushes me to become more inclusive of others and treat everyone like a team member no matter their size, shape, color, or sexuality," Lauryn Anthony '22 said.

With Ross' lack of impact in the day-to-day functions of SoulCycle, boycotting the business would not have any direct impact on Ross' political actions, it would only make the employees and people directly involved in the company suffer. Furthermore, boycotting SoulCycle because of Ross also means sacrificing the positivity and inclusion that SoulCycle promotes.



NICHOLAS CRENSHAW '20/THE COWL

Exercise classes like spin, in which everyone participates at the same time, foster a sense of community.



# We Didn't Start the Fire: World Issue Anxiety and How to Deal With It

by Elizabeth McGinn '21  
Opinion Staff

SOCIETY

Turning on the news at any time of day can unleash a barrage of terrifying reports: another mass shooting, new statistics on climate change, political battles, etc. How can anyone not feel concerned?

World issue anxiety is the feeling that can occur when one becomes overwhelmed with global issues that are largely out of the hands of an individual. Since most wide-reaching problems can only be solved by systematic efforts, it can often feel hopeless to make a difference on a small scale.

Climate change is a global phenomenon that rests at the epicenter of world anxiety. In October 2018, the United Nations reported a temperature rise of 1.5 °C worldwide. Although this statistic may appear insignificant, it triggers catastrophic consequences in all ecosystems, including the melting of polar glaciers and the increasing prevalence of forest fires.

In recent weeks, reports that the Amazon rainforest has caught fire at an unprecedented rate unleashed public outcry worldwide. CNN and other news sources shared that the Amazon produces around 20 percent of earth's oxygen, a fact which illuminates the devastating impact such a fire can inflict upon the world's population.

Concerned citizens of the world flocked to social media sites, especially Twitter and Instagram, to encourage action. To raise awareness about the gravity of the situation, many users posted links to studies and articles detailing the importance of the Amazon. Others included options for donations to end the fire.

A similar social media campaign against the use of plastic straws has yielded tangible results. In response to the public outcry, Starbucks decided to eliminate their use of plastic straws completely by 2020.

An actual end to the issues caused by plastic straws or forest fires can only be completely solved by globally cooperative efforts, which requires enormous amounts of coordination on an international scale. This may be politically impossible at the moment, especially considering President Trump's refusal to attend the G7 Summit.

David Argento '21 said, "I try to recycle and whatnot but these efforts are a drop in the bucket to what can



Using reusable sandwich and snack bags is one way to eliminate single-use plastics, a small change that is environmentally friendly and can help alleviate stress.

NICHOLAS CRENSHAW '20/THE COWL

actually make a change if government initiatives are taken and industry sees incentives to help the world. No one will care about the environment if they can't put food on their tables."

World governments and industries must play an active role in fighting climate change and other environmental issues. However, if some are less interested, or see incentives in pursuing environmentally detrimental practices, individual efforts will be futile.

Thus, world issue anxiety arises. If governments and industries are not doing anything, how can a single person?

The social media campaigns revolving around the Amazon and plastic straws are one possible route. Social media is an effective tool for sharing concerning information with a large audience. Chances are, others are also worried about similar problems.

Joining clubs or organizations that make hands-on changes in local communities are another excellent avenue. ECO-PC raises awareness about environmental problems and aims to implement real solutions on this

campus.

Even without participating in a group, making small changes in everyday life can help, such as switching from plastic to reusable straws, limiting single-use plastic, and buying local groceries. These adjustments only require minimal effort, but can also inspire others to follow, which can begin a community chain of positive choices.

Anxiety about politics can also be alleviated by such strategies. Voting and staying informed about current affairs makes the best use of civil rights. Joining PC Democrats or PC Republicans can also be an avenue to participate in state and local politics. Calling representatives and senators, contributing to campaigns, or even running for office can produce change in society.

Although solutions can only be created by a global effort, small changes can make a powerful impact. Social media can provide access to people all across the world and demonstrate public opinion, which influences the actions of governments and industries. Even if small lifestyle changes are made, it can be a step toward becoming a part of a larger movement.

# Politics and Personality: Learning to Separate the Two

## *Judging Others Solely on Political Beliefs is a Divisive Practice*

by Marie Sweeney '20  
Opinion Staff

SOCIETY

In the past decade, political debate has grown increasingly partisan and intense, making positive dialogue and progress almost impossible. In these times where consensus seems unattainable, it is important to remember that although you may disagree with someone's beliefs, political disagreement should not be cause to judge someone's character.

In today's heated political climate, it is utterly impossible to read a news platform without a report on congressional or citizen political disagreement. This could be attributed to the recent controversial debates regarding gun control, border and immigration issues, abortion rights, healthcare, and more.

What these issues have in common is that they are mostly driven by emotional, moral, and sometimes religious beliefs and therefore can elicit intense emotions of fear, passion, and anger. Recently, these divisions in opinions have spiraled out of control and have become so extreme that politics-driven hatred and violence is common.

It is these strong beliefs that are dividing our country and causing hatred among citizens, solely due to their political opinions. Because of this, people do not take into consideration one's character and personality before they judge them based on politics.

This can lead to insecurities and discomfort in social situations, even to the point where it can ruin friendships and even divide the closest of families.

Maddie Reilly '20 states, "I think that we all

should respect our different viewpoints and beliefs and be open to listen to one's thoughts and opinions of all subject areas without judgement."

Especially in places like college campuses, people come from different backgrounds and have unique experiences that everyone should be open to. At this age, college students are developing their political beliefs and should not be intimidated or targeted by other people's judgements of their opinions.

Karl Reidel '20 adds, "I want to be able to be open about my opinion around others without the feeling of being judged or looked at differently for my beliefs. It definitely happens to people and it is upsetting to see."

While it is accepted to express and to be passionate about your political beliefs, politics should not be something that turns into a toxic

and difficult conversation topic. It needs to be understood that the fact that people have different opinions is part of our human nature and we are lucky enough to live in a nation where we have every right to express them.

It is unfortunate that people look past the positive qualities of a person and automatically choose hatred or judgement before getting to know a person. This is something that needs to change before the division in our country becomes more extreme.

As this semester begins and we enter into the tumultuous 2020 election, it is important to be aware of the intense emotions that can stem from political agendas.

Be sure to remind yourself that someone's political beliefs do not always reflect their personality or character, and one should not be judged solely based upon how they vote.

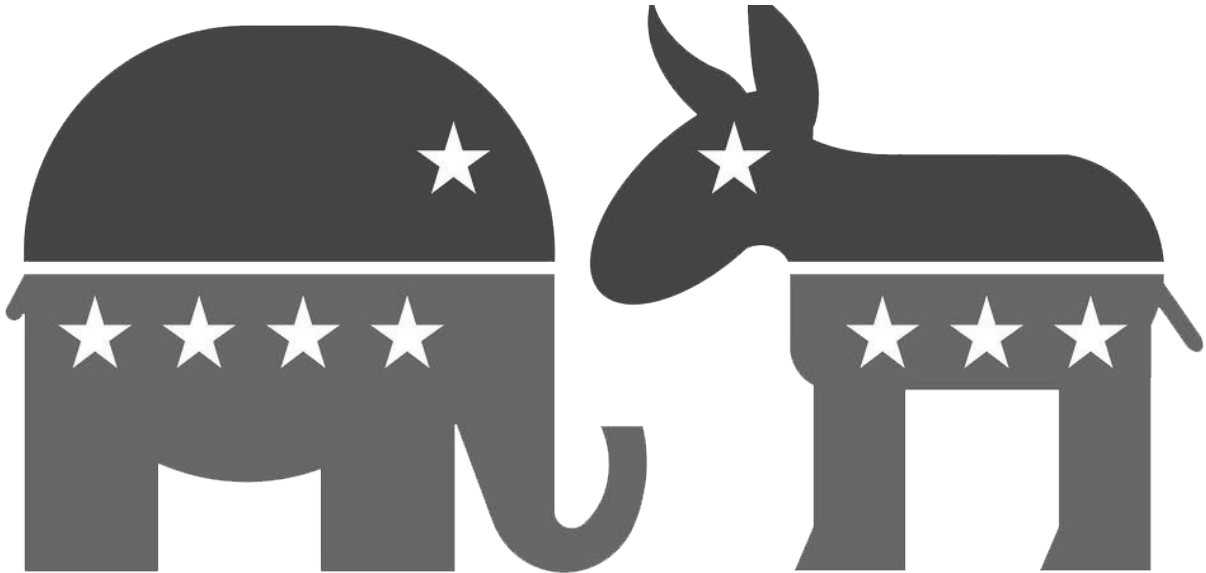


PHOTO COURTESY OF DONKEYHOTIEY FLICKR



# College Does Not Have to Be the Best Four Years

## *Establishing Realistic Expectations for the College Experience*

by Alyssa Cohen '21  
Opinion Staff

CAMPUS

The hackneyed sentiment “college will be the best four years of your life” is a terrible cliché to reiterate to any incoming freshman. The college years are indubitably a unique phase in an individual’s life—the experience grants students the opportunity to meet new people while studying a subject of interest.

Typically, once students enter college, they are no longer required to answer to their guardians. While the college experience presents a myriad of opportunities for self-discovery, relationship development, and just downright fun, the transition to campus life simultaneously introduces tremendous lifestyle changes that can evoke emotional turmoil for a new student.

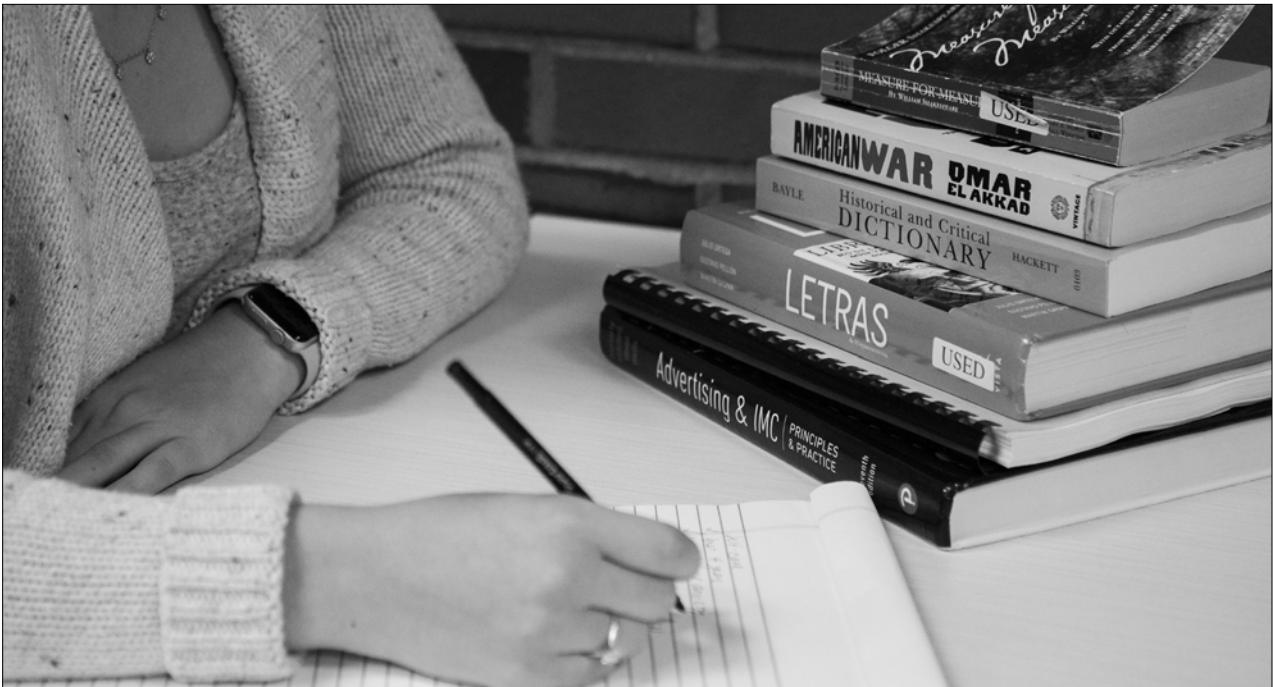
When freshmen first move onto campus, they step into uncharted territory. To that end, many first year students, most of whom will eventually grow to love on-campus life, may endure feelings of loneliness during their first few months away at school.

While a student may experience such hardships in adjusting to campus life, he or she may notice a little voice in the back of their head echoing “these will be the best four years of your life.” Presumably, this sentiment will only exacerbate a student’s negative feelings toward their college lifestyle because they will constantly evaluate their experiences against such a high bar.

Additionally, social media seems to perpetuate the unrealistically high expectations that society establishes for the college experience. This may also worsen the mood of a student who has yet to adjust and find their niche in a campus community.

College students go out on weekend nights and share innumerable videos on their Snapchats of wild parties and groups of their peers howling with laughter. They post picture after picture with herds of new friends on Instagram. In this way, social media can discourage or isolate a student who has yet to connect with a group of friends or lacks the desire to party.

With so many opportunities for students to find their



College should be depicted more realistically, as a time to challenge oneself and grow intellectually.

NICHOLAS CRENSHAW '20/THE COWL

place on campus, freshmen should not give up if their experience does not feel amazing yet.

PC offers services like the counseling center, peer ministry, along with a dedicated RA staff that can provide emotional support to any student struggling to adjust to campus life. The College also boasts a myriad of clubs and organizations, from WDOM-FM to Best Buddies to Running Club that offer the opportunity to meet new people. Along with PC’s generally small class sizes, students have countless opportunities to discover their role on campus and build relationships with peers who have similar interests and values.

Every aspect of life has advantages and pitfalls. The college years, after a student has acclimated to campus life, can evoke a novel sense of freedom that oftentimes lends to an illusory identification with some graduates as the best years of their life. Presumably, even in the

case of those of older generations who dub their college years the best of their lives, if these individuals were placed back in a college setting at their current age, the environment would likely present as less enticing than its initial appeal, as such individuals have advanced to a different phase of life with new responsibilities, interests, ideals, and freedom.

Essentially, college is the time for personal, social, and academic exploration, development, and, of course, plain fun. While it poses an opportunity for rewarding and enriching experiences, such experiences should not be blown out of proportion. To that end, society should stop promoting college to incoming freshman as the best four years of their lives, but rather depict it more candidly—as a time to learn and appreciate the world and people around them and better comprehend their individual roles in relation to a community at large.

# Prioritize Self-Care this Semester

by Josh Chlebowski '21  
Opinion Staff

CAMPUS

With the commencement of another academic year comes the opportunity to evaluate the successes of a previous one, determining what worked well and what needs to be changed. Among many of the aspects of life at Providence College to be considered is one’s development of a self-care plan.

Just as it is important to take care of yourself in regards to academic achievement, it is also vital that one takes care of their mental and emotional health. Self-care extends beyond just physical health, incorporating emotional wellbeing into the mix.

In an academic world where students are the recipients of various scholarships and are employed in different jobs, many of which rely upon a maintained level of academic achievement, the effort students dedicate to their classes can be overwhelming.

In fact, a 2018 study conducted by the American Psychology Association discovered that around one-third of its sample population of freshmen students reported suffering from at least one anxiety, mood, or substance disorder.

As the academic year progresses, self-care often falls by the wayside, with students thinking that they will “get around to it eventually.” Unfortunately, self-care is not one of those things that should be postponed that easily.

Mounting stress levels, induced by balancing coursework, employment, and a busy social life can easily have

negative repercussions that include irritability, fatigue, and even a weakening of physical health.

Thankfully, students at PC have a variety of resources available to them which can assist in finding and keeping up with a self-care routine that fits their desires and schedules.

Social programming, offered by numerous on-campus departments and organizations, allows students to drop by and participate in activities such as game nights, free food giveaways, and various cultural celebrations.

In addition to social programming, PC students have access to a fitness center and a range of classes that make taking care of one’s physical health both fun and entertaining. Reserving a block of time, even one hour a week, helps to take one’s mind off the stressors of college life and channel them into energy and motivation during such a fitness class.

While the PC campus is often thought of in terms of a collection of routes taken to classes each day, the landscaping itself can aid one’s self-care practice. Taking a campus walk while listening to music or with a friend allows for the rapid pace at which college life runs to be momentarily slowed, allowing time to observe the details and beauty all around that is often ignored.

It would be remiss not to note that students have access to the Personal Counseling Center here on campus as well. Many students use this resource, and whether one stops by for one appointment or more than one, the counselors can help provide guidance and ideas for relieving some of the tremendous stress that students

experience.

Self-care practices are some of the many skills learned during one’s time here that can be carried out into the post-graduate world, further indicating the importance of developing one now as opposed to postponing it to some other time.

There is no doubt that life on campus can be overwhelming and exhausting, especially when coupled with an intense courseload occupying much of one’s free time. However, that does not mean this stress cannot be combatted.

The beginning of a new year at PC offers both returning students and new students the opportunity to recommit themselves to finding and keeping a self-care regimen throughout the year, or at least for the first semester. Doing

so ensures that even when the stress of classes kicks in, one will always have a plan to keep oneself grounded and combat some of the fatigue that sets in throughout the semester.

Self-care may just seem to be the buzzword of recent years, but the reality is that self-care is vital to success and a positive experience in any environment. Whether it is a short five minute breather, a quick stop by St. Dominic’s Chapel, or an hour of exercise once a week, there are many ways to discover and then practice self-care while here at PC.

Though it can be easy to fall into the same routines of a previous semester, these first weeks provide the chance to break the cycles of stress by taking time to think and create a self-care plan with intention.



NICHOLAS CRENSHAW '20/THE COWL

Taking time away to read or listen to music is an easy way to engage in self-care.



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# A Fresh Start: Advice for the Class of 2023

## Taking Advantage of What PC Has to Offer



by Kerry Torpey '20  
Editor-in-Chief

EDITOR'S COLUMN

As we step into the 2019-2020 academic school year, I am eager to kick off another year with *The Cowl*! This summer, I spent some

time working with the Providence College Office of Admissions, where I gave tours and spoke with dozens of prospective students. Now, having spent hundreds of hours talking about why PC means so much to me, I am excited to see the Class of 2023 stepping onto campus, beginning their first chapters of their own PC stories. Although I still have another year of enjoying McPhail's milkshakes and pizza on Wednesdays in *The Cowl* office, the period of reflection on my past three years at PC has commenced. The first thing that comes to mind: *The Cowl* office. Hidden away down the back hall of Lower Slavin lies a windowless newsroom, filled with an energetic team of writers and editors, leftover pizza boxes, and hundreds of pages of edited and reedited content that we publish for our community weekly. It is the memories I have

made here in this office that will last a lifetime and I am eternally grateful for not only the skills gained here, but each and every person I have met because of *The Cowl*. To the class of 2023, I want to encourage you from the start to take advantage of everything PC has to offer you over the next four years. That cheesy quote from *Ferris Bueller's Day Off* that you have probably seen countless times on social media or senior yearbook pages says it best: "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." As cliché as that may sound, your time hanging out on Slavin lawn or playing intramurals on the softball field will come to an end, so enjoy it! I am looking forward to my final year at PC with *The Cowl*, where my wonderful team and I can make our latest mark on PC history.

# TANGENTS & TIRADES

## Give Bingo a Go

Everyone has hobbies to occupy their time when they are not in class. Although many students enjoy playing sports or creating art, fewer students think to enjoy a game of bingo in their downtime. Typically held in McPhail's, the Office of Student Activities & Cultural Programming hosts weekly bingo on Thursdays for all students. Multiple rounds are played each night, allowing for several students to leave with one of many exciting prizes based on that week's theme. Whether it is an assortment of snacks from Grocery Bingo or Providence College gear from Friar Fanatics Bingo, the payout can be very rewarding. Even if you experience bad luck, you can still win in other ways. Free food is available every time, ranging from pizza to donuts to desserts. Additionally, bingo night is a great way to catch up with friends. There are countless opportunities for you and your friends to recap your weeks in between rounds. Bingo night is also the perfect venue to make new friends, as you can bond over the shared agony of losing by one square. If you have a big exam on Friday, bingo is an excellent way to break up the monotony of studying the night before. Even if you have an 8:30 a.m. class on Friday, celebrate the end of the week with bingo. You will return to your dorm early enough that you will not sleep through your alarm the next day. Although you may not decide to become a regular, give bingo a try at least once this semester. Even if you do not win, you will still have a lot of fun.

—KellyWheeler '21



PHOTO COURTESY OF WIKIMEDIA COMMONS

## Sustainability at School

There is a new wave of products being introduced to the public as we become increasingly more concerned with saving the environment from man-made issues. So how can we continue these efforts on Providence College's campus? Having a reusable water bottle is a great first step. Wherever you are on campus, there is a water bottle filling station within just a few feet. Reusable water bottles, therefore, become an essential, as they provide easy access to water and less need for single-use plastics—a true win-win situation. Another easy way to make your daily routine more sustainable is by bringing a reusable cup to Dunkin' or Ruane Cafe. This small effort of creating less waste will surely add up over time. Remaining environmentally friendly in the dining areas on campus is also fairly simple. To continue maximizing your opportunities on campus, consider using the reusable cups in Alumni Dining Hall and avoiding plastic cutlery. Always keep an eye out for groups on campus that advocate for environmental improvement. Most notably, PC Go Green is at nearly every campus event handing out metal straws and informational packets on ways to help out. Recycling is also encouraged on campus. Each room is provided with a recycling bin and each trash room in the residence halls is equipped with a large recycling bin. Be sure to separate your trash from items that can be recycled in order to do your part to help our campus be as green as possible.

—Julia McCoy '22

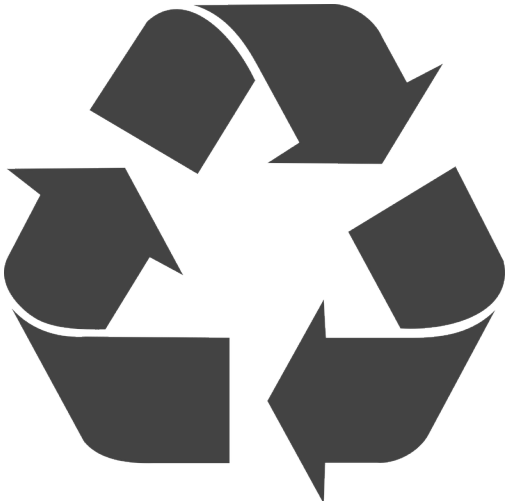


PHOTO COURTESY OF ELIAS SCHÄFER, PIXABAY



# Residence Halls Around Campus



I	M	B	D	R	T	P	G	A	B	L	R	U	N	S
C	W	A	L	A	L	T	I	A	M	L	A	J	G	H
H	S	X	L	E	V	L	O	E	E	E	Y	L	V	P
D	F	U	R	B	G	I	A	M	N	N	M	C	P	E
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X	T	S	M	M	C	V	I	N	N	E	Y	N	Z	S
S	A	N	I	U	Q	A	M	Y	S	W	K	E	L	T
M	A	H	G	N	I	N	N	U	C	R	P	M	V	C
W	O	I	X	V	Q	K	R	T	K	P	W	A	K	L

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Aquinas  
Raymond  
Davis  
McVinney  
Guzman  
Cunningham  
McDermott

Fennell  
MalBrown  
Meagher  
Bedford  
StJosephs  
Suites  
DiTraglia

# Friar Libs

My first week on campus

Dear \_\_\_\_\_ ,  
(person)

Every morning I hear \_\_\_\_\_ blasting from the second floor of \_\_\_\_\_  
(song title) (building)

at \_\_\_\_\_. How delightful. It's only the end of the first week, but I already have so much homework  
(time)

for \_\_\_\_\_. My professor is even making us do a giant group project on \_\_\_\_\_  
(class name) (adjective)

\_\_\_\_\_ and it counts for \_\_\_\_\_% of our grade. \_\_\_\_\_! On the bright  
(noun plural) (number) (exclamation)

side, I hear they're serving grilled \_\_\_\_\_ and fried \_\_\_\_\_ for dinner in Ray. Sorry, but  
(noun) (noun)

I have to \_\_\_\_\_ now! Talk soon!  
(verb)



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Email Our Managing Editor at

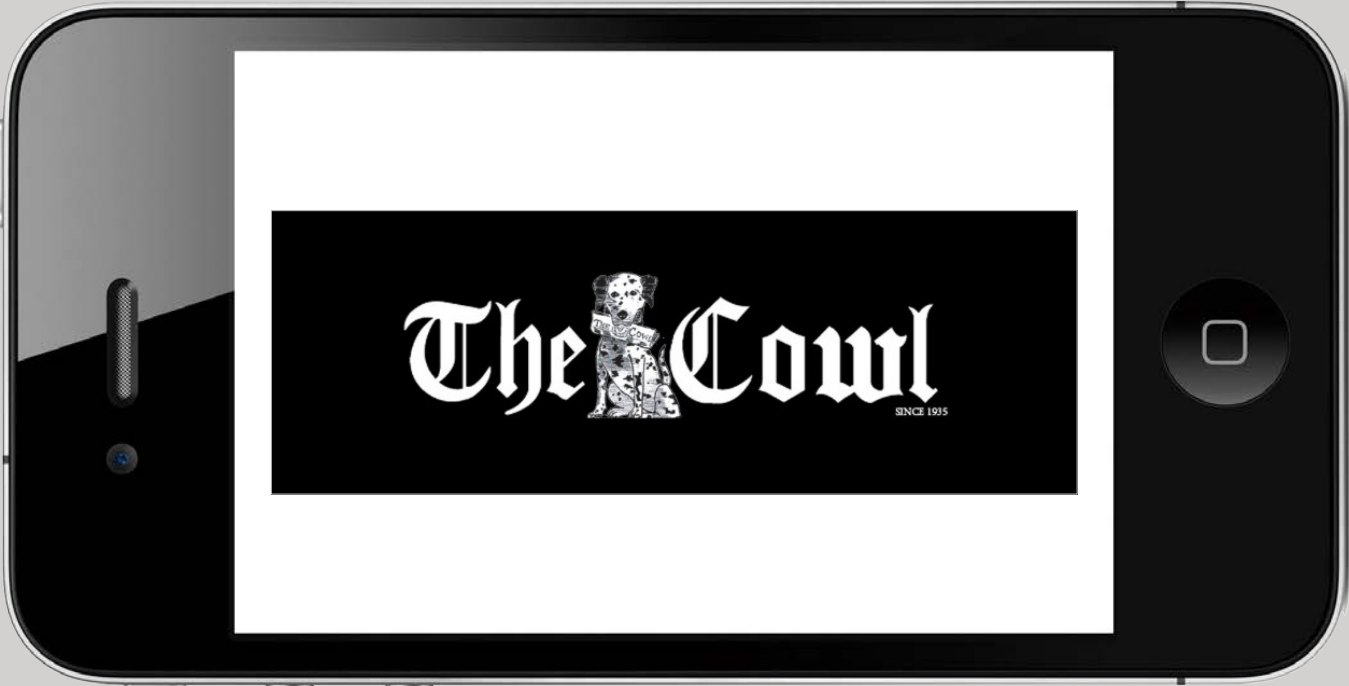


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Back  
Seniors!  
Class of  
2020

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# PHOTOGRAPHY



NORA JOHNSON '20/ THE COWL

**ABOVE:** Emma Lowrey '22, Kevin Longmoore '21, and Ryan McIntyre '21 hand out lemonade on August 28 in front of Phillips Memorial Library. While drinking lemonade, students were encouraged to join and support Campus Ministry for the upcoming school year.

**ABOVE RIGHT:** Brendan Lee '23 eliminates his opponent in the Residence Hall Association's Hall Olympics dodgeball game on Wednesday, August 28. Lee represented Guzman Hall and played against McDermott Hall.

**RIGHT:** Students start the school year on Sunday, August 25 and move into their respective residence halls. Pictured is a father helping his son move into Aquinas Hall for his second year at Providence College.

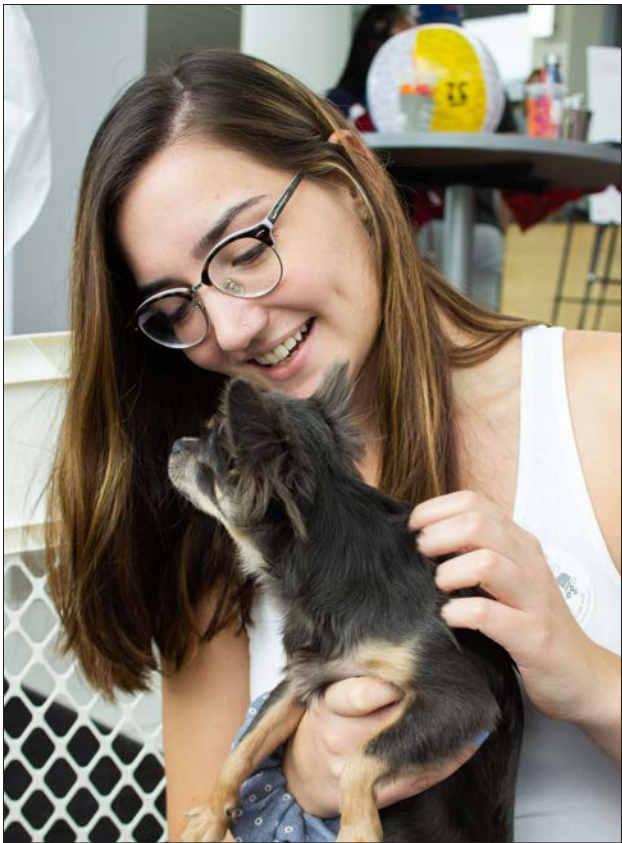
**BELOW:** Anxhela Hoti '20, Lowis Sanchez '23, and other PC students relieve move-in day stress with Barnyard Babies in the Slavin Atrium on Sunday, August 25. Students cuddled with bunnies, puppies, kittens, and chickens.



NICHOLAS CRENSHAW '20/ THE COWL



LAURA CHADBOURNE '20/ THE COWL



LAURA CHADBOURNE '20/ THE COWL



# ROVING PHOTOGRAPHY

Page 12

August 29, 2019

*What is a bad habit that you are trying to kick this school year?*



***"Staying in Slavin all day."***

Jordan Pagliuca '21



***"Procrastinating on my phone."***

Morgan Starkey '20



***"Saving all my Friar Bucks until the end of the semester."***

Noah DeRossi-Goldberg '22



***"Eating from Dunkin'."***

Matt Skowronek '20



***"Eating Ben & Jerry's from Ryan."***

Alex Cannon '22



***"Self-destructive tendencies."***

Julia Gaffney '20



***"Losing to Villanova."***

**-PC Men's Basketball Team**

PHOTO COURTESY OF PC ATHLETICS

Photos by Nora Johnson '20, Photography Co-Editor



# Late Night Madness 2019: Moving to the Dunk *Providence College Plans Legendary Community Event*

by Grace Whitman '22  
A&E Staff

ON-CAMPUS

This year, Providence College has booked the singer-songwriter John Legend to headline Late Night Madness on Oct. 5 during Homecoming Weekend. John Legend, best known for his songs “All of Me” and “Love Me Now,” is one of 15 Emmy, Grammy, Oscar, Tony (EGOT) winners. John Legend’s mix of contemporary R&B, pop, and soul music will contribute to an inspirational performance.

Throughout his career, John Legend has made his philanthropic efforts a priority and has always used his platform to make a difference. In one of his newest songs, “Preach,” he writes, “I can’t sit and hope, I can’t just sit and pray, that I can find a love, when all I see is pain falling to my knees and though I do believe I can’t just preach, baby, preach.”

John Legend refuses to let his platform go to waste as he continuously takes the initiative and acts for the change that he wants to see in the world. His impactful lyrics alone describe an ideal world full of beauty and love.

Meanwhile, A Boogie wit da Hoodie, best known for his hits “Drowning” and “Look Back at It,” is set to open Madness this year. With spirits as high as they always are at Late Night Madness, A Boogie will be sure to pump up the crowd and set the stage for the headlining performance.

Late Night Madness has been a PC tradition ever since men’s basketball coach Rick Pitino brought it to Friartown in 1985. In the past, PC has brought a wide array of celebrities to perform, MC, or speak at the event. From Jalen Rose and Big Sean in 2014, to Ludacris in 2015, to Shaquille O’Neal in 2016, PC has never failed to surprise the Friar Family. The names that the school brings

in to perform at Madness draw in most of the student body. It is the one time where school spirit is combined with music, sports, and inspiration.

This year’s party is moving to the Dunkin’ Donuts Center for the first time ever, and the entire Friar family is invited. New Student Family and Homecoming Weekend will take place on the same October 4-6 weekend.

Late Night Madness will kick-off the 2019-20 men’s and women’s basketball seasons and will include player introductions and competitions with special performances by PC spirit groups. Seeing that the PC basketball program and the Dunkin’ Donuts Center have storied histories dating back to the 1970s, it is only fitting that Madness becomes a part of that tradition. Hopefully, this venue change leads to an even stronger relationship between PC and the Dunkin’ Donuts Center. The venue itself obviously has a much larger capacity than the Peterson Recreation Center, allowing for Madness to accommodate the greater Friar Family of alumni, fans, and community members. Moreover, the Dunkin’ Donuts Center has sound technology, stage space, and a good reputation, which could lead to booking bigger names in the future. The joint venture certainly opens up the door for big performers in the coming years.



The public now has access to Providence College’s Late Night Madness for the first time in recent memory.

PHOTO COURTESY OF PC ATHLETICS

# The Death of Cable Television: A ‘Stream’ of Competition

by Julia Vaccarella '20  
A&E Staff

TELEVISION

As consumers continue to shift from traditional cable television to streaming services, many companies are now jumping on the bandwagon. These services have become a more popular option in recent years due to the instant gratification of having multiple seasons of shows available coupled with the elimination of commercials. For streaming services like Netflix, however, much of the company’s content is at risk of being removed from the platform with the rise of new companies releasing their own versions.

Earlier in the summer, for example, it was announced that two popular television series—*The Office* and *Friends*—would be removed from Netflix in the foreseeable future. News of these looming cancellations spread through social media channels rather quickly, as both series are among Netflix’s most popular shows.

There are a variety of companies that have announced new streaming services in the coming months. *Business Insider* states, “Apple is betting big on original content for its upcoming streaming platform, Apple TV Plus.” Apple has also released information on one of the leading series to be featured on Apple TV Plus. *The Morning Show* boasts several big names including Steve Carell, Jennifer



GRAPHIC BY PATRICK FULLER '21/THE COWL

Aniston, and Reese Witherspoon. One of the most anticipated players in this arena thus far has been Disney, which not only holds the rights to its original movies, but also retains ownership of other franchises like the Marvel Cinematic Universe. At the moment, Apple’s lineup of original content is microscopic in comparison to what Disney+ is offering potential subscribers. Among the list is Hilary Duff reprising her role as Lizzie McGuire in an effort to fuel the nostalgia of those who watched the original show. Another important aspect of this competition is the price that companies are intending to charge for subscriptions to their respective

streaming platforms. Disney recently announced it will offer a bundle which includes its own service, ESPN+, and an advertisement-supported version of Hulu for cheaper than what Netflix is currently charging. Apple Plus is also projected to debut below the 14 dollars that Netflix subscribers pay. The competition for streaming entertainment is growing quickly, which encourages services to produce more original content. *The Wall Street Journal* commented, “With its lack of sticky unrelated offerings, Netflix will be under constant pressure to roll out eye-catching new content. It will also be under pressure to cut deals with rivals allowing its

content to be bundled with theirs.” At the same time, though, this pressure disrupts the model that has worked so well for Netflix and many others up until now. Subscribers utilize the service in order to view a wide range of series, movies, and documentaries, some of which may not be originals. The threat of competition from company-specific streaming poses the potential issue of having to purchase multiple subscriptions in order to view different entertainment programs. Ultimately, this trend is showing that streaming services are continuing to grow in popularity and the mainstream ways in which individuals view entertainment programs now could very well change.



# From 'Boys In Luv' to 'Boys With Luv'

## BTS Looks to the Past and the Future For Their World Tour

by Sara Conway '21  
A&E Co-Editor

MUSIC

Among the bright stage lights, the confetti drifting throughout the venue, and the gradient of pink and purple lights, fans at MetLife Stadium on Saturday, May 18 heard various members of BTS repeating, "I love you guys!" and "We love you!" These were BTS' final farewells to ARMY as they slowly made their way back to the main stage following the last song of the two-hour concert.

For those unfamiliar, BTS officially debuted on June 13, 2013 under the South Korean company Big Hit Entertainment, with the lead single, "No More Dream," from their first album, *2 Cool 4 Skool*. Since then, the seven-member boy band has released music marking four unique eras in their journey as artists, as well as three Japanese albums.

The School Trilogy lasted from BTS' debut to 2014; the Youth Trilogy spanned from 2015 to 2016; the Wings era, which consisted of a full-length album and a repackage featuring three new songs, went from 2015 to 2016. The following year consisted of the Love Yourself series, which began with the mini album, *Love Yourself: Her*, released in September of 2017. The era recently concluded with the compilation album, *Love Yourself: Answer*, which was released less than a year ago.

Their most recent comeback—and the start of a new era occurred on April 12 with the mini album, *Map of the Soul: Persona*, and these songs were integrated into their extended Love Yourself World Tour, rebranded as Love Yourself: Speak Yourself. Besides the different setlist, the Love Yourself: Speak Yourself World Tour boasts venues including the Rose Bowl Stadium, Soldier Field, and MetLife Stadium in the United States as well as Wembley Stadium, which holds a capacity of 90,000 people, and Stade de France in Europe. BTS' extensive tour continued with dates in Japan in July. After the group takes a brief hiatus—their first since their debut—BTS will conclude the Love Yourself: Speak Yourself World Tour with a concert at the King Fahd International Stadium in Saudi Arabia as well as three more dates in Seoul in October.

With the lead single, "Boy With Luv," *Map of the Soul: Persona* is "just about us" as BTS leader RM said in an interview with *Time*; the band is telling the world who they are in this new era. Their latest album presents a narrower focus in contrast with the big statement they emphasized in their Love Yourself series.

It is no secret that "Boy With Luv" plays off of one of BTS' earliest songs, "Boy In Luv," from 2014. "Boy In Luv" is about seven young boys who are in love with a girl at school. They debate about how to approach her in lyrics such as the opening one: "I want to be your love."

"Boy With Luv" reflects the members' shift in



BTS leader and main rapper, RM, hypes up the crowd at MetLife Stadium during the performance of "Mikrokosmos."

SARA CONWAY '21 / THE COWL

mindset and the new emphasis of their music. The song gives BTS an outlet to get to know and understand their fans on a more intimate and emotional level. The members are not in love with ARMY because of their looks alone, which was a main focus of "Boy In Luv." BTS speaks about their relationship with ARMY through the brighter and more upbeat "Boy With Luv" as indicated through the opening lines of the song in which the lyrics are written, "I'm curious about everything, how's your day?"

BTS, almost six years later, no longer writes about wanting love but rather about a genuine relationship and the different kind of love that they have with ARMY. It is a comfortable and familiar love that comes from both sides. The song concludes with the members singing, "I want something stronger than a moment, than a moment, love. Love is nothing stronger than a boy with luv." The members realize that they have a love that is truer in "Boy With Luv" than the love they wanted in "Boy In Luv."

This journey of BTS' and their growth as artists is then reflected in their Love Yourself: Speak Yourself Tour. Through the new setlist, which is different from the original Love Yourself World Tour, the band looks back on their past, celebrates the present, and considers the possibilities of the future.

For the six years that BTS has been together, their music consistently "embodies change and fuels change," as Zach Sang of the *Zach Sang Show* said in his interview with BTS backstage at the AMAs in 2017. The band's music has always been

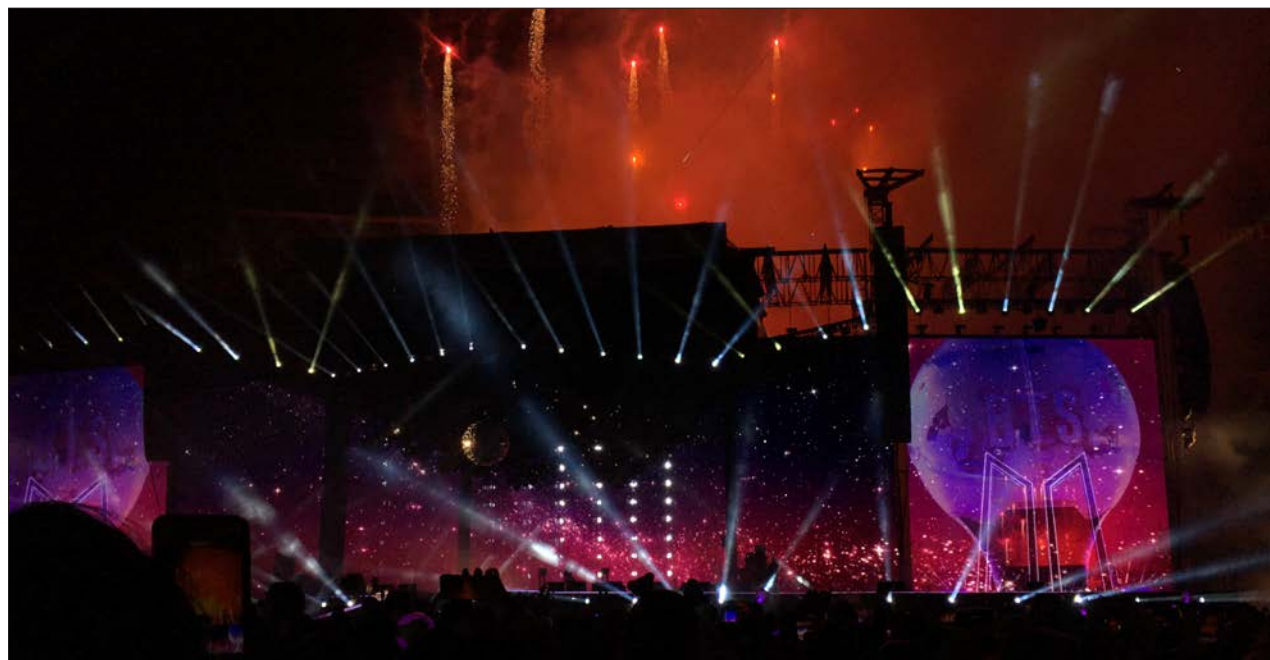
inspired by their own lives, which, in turn, often aids in raising conversations that are difficult to start, like the stigma surrounding mental health. Suga, one of the producers and main rappers of BTS, stated during the *Zach Sang Show* interview, "there are some stories that only [BTS] can tell."

These stories come together one more time in the recent stadium tour of BTS. Since it is an extension of the Love Yourself World Tour, a majority of the setlist is made up of the music from the Love Yourself series. However, songs from the new album and throwbacks to past eras make an appearance. During the concert at MetLife Stadium on May 18, BTS performed "Not Today" and "Outro: Wings" from their Wings era as well as "Burning Up (Fire)," "Baepsae" (also known as "Silver Spoon"), and "Dope" from their Youth series.

The songs performed from the *Love Yourself* albums included "Idol," "Fake Love," and each of the members' solo songs. In addition, Love Yourself: Speak Yourself kept fan-favorites "So What" and "Anpanman," where BTS tends to interact with their ARMY and show more of their youthful personalities without the complex choreography that is usually paired with many of their songs.

The music from *Map of the Soul: Persona* makes itself known from the get-go as the band opens their stadium tour with fire and the thumping beat of "Dionysus," the song that actually closes the mini album. Near the halfway point of the concert, once the sun has set, BTS performs "Boy With Luv." As a replacement of "Answer: Love Myself," "Mikrokosmos" takes over as the last song following the members' touching ending statements. Through "Mikrokosmos," BTS ends their concert on a note of celebration and thankfulness for their unique relationship with their fans. BTS has always emphasized ARMY, those who have stayed by their side since the band's debut. Their Love Yourself: Speak Yourself tour and their newest album, *Map of the Soul: Persona*, honors this deeper relationship that exists between BTS and ARMY. V, a vocalist of BTS, stated during their appearance on *The Late Show with Stephen Colbert* that BTS' "fans are the best. They are our motivation." It is because of ARMY that all that BTS has achieved over the years was possible; ARMY is one who stayed with them through the ups-and-downs. Regardless of where BTS thinks they will be in two, five, or 10 years, the seven members know that ARMY will be right there with them.

As the chorus of "Mikrokosmos" goes: "You got me / I look at you and dream."



The Love Yourself: Speak Yourself World Tour featured fireworks, water guns, and a full-stage bouncy castle for BTS stages.

SARA CONWAY '21 / THE COWL



# A Lover and a Fighter: Taylor Swift’s Battle for Ownership

## Pop Star Celebrates Freedom Amidst Label Issues

by Anne DeLello '20  
A&E Staff

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MUSIC

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Taylor Swift has returned to the music scene with a vengeance with the release of her new album, *Lover*. Only a year after the pop star sold out stadiums across the country for her Reputation Tour, she is back and better than ever with an album that *Rolling Stone* has called “evolutionary, rather than revolutionary.” *Rolling Stone* also noted that it features “Swift at her most liberated.”

Swift’s liberation follows her change in record labels. Prompted by recent controversy involving the master recordings of her previous work, Swift will own all her music that she makes moving forward. She is even planning on re-recording all her previous music. According to The Washington Post, Swift can re-record albums one through five beginning in November of 2020, essentially producing covers of her own songs.

Interestingly, the release of such a freeing album follows the sale of Big Machine Records, and therefore all of Swift’s master recordings, to record magnate Scooter Braun, with whom Swift has notably clashed with in the past. Swift was not given the option to purchase her own music and spoke out saying,



PHOTO COURTESY OF SPOTIFY

*Lover* is already the highest-selling album of 2019 in the United States.

“Instead I was given an opportunity to sign back up to Big Machine Records and ‘earn’ one album back at a time, one for every new one I turned in. I walked away because I knew once I signed that contract,

Scott Borchetta would sell the label, thereby selling me and my future.” This begs the question of who truly holds the power in the music industry. In Swift’s case, a woman who has spent her entire life

making hit albums, has two men controlling everything that she has produced. In another statement following the purchase, Swift noted, “Essentially, my musical legacy is about to lie in the hands of someone who tried to dismantle it.” As evidenced in this statement, she is an advocate for artists having ownership of their own music.

Swift’s growth is clear both in the album *Lover* and how she has begun advocating for herself and women in music. In an interview with CBS Sunday Morning, Swift spoke out about the differences between how men and women are treated in the music industry. She said, “A man does something, it’s strategic. A woman does something, it’s calculated. A man is allowed to react, a woman can only over-react.” This further highlights Swift’s choice to bring attention to the gender disparity within the music industry.

Moving forward, the conversation about the different vocabulary used for men and women in the industry is something that Swift believes must be addressed. She has received support from other women and men in the industry, such as Halsey and Ed Sheeran, following the sale of her masters and the release of *Lover*.

As Swift’s album gains popularity, this conversation regarding women in the music industry is brought to light.

# Hunter Hayes Releases Surprise Album *Wild Blue*

## Country Artist Collaborates with Pop Star Andy Grammer

by Catherine Goldberg '20  
A&E Staff

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MUSIC

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Four years after his last album, country-pop singer Hunter Hayes has released a surprise album, *Wild Blue (Part 1)*. In an interview with *Billboard*, Hayes said, “I gave myself

the right to make a record I didn’t think anybody would ever listen to.” The singer felt a sense of freedom in being able to produce music without the pressure to meet anyone’s expectations. He rented the Warner Music Nashville studio without telling anybody and took the opportunity as a “writing retreat” where he could

create music during a particular time of heartbreak and turbulence. Hayes felt the need to hit the reset button on his life in early 2018. The singer had a painful breakup with his long-time girlfriend, parted ways with a trusted business associate, questioned his friendships, and missed his hometown. In the midst

of his existential crisis, Hayes found solace in a piece of art by Scott Hill he had stumbled upon. Hayes collected many paintings by Hill which depict lonesome figures in stunning landscapes. This is what inspired the title of his album and the emotional song “Wild Blue.”

The ten-song collection was completed at the end of June and features his current single “Heartbreak,” and other songs including “Madness,” “One Shot,” “One Good Reason,” “My Song Too,” and “Loving You.” Hayes wrote the last song on the album, “Still,” back in December of 2018, perhaps exposing his soul-searching story. It is about the struggle he has gone through in the past decade, discovering who he is, who people think he is, and who he wants to be.

Hayes collaborated with pop singer Andy Grammer and songwriter Dave Spencer to write the song “Dear God.” He was inspired by Andy Grammer, who raised the question to God, “Are you sure that you don’t mess up?” Hayes said when he heard Grammer pen the question out loud, he froze because that doubt has always been one of his biggest fears.

Overall, the singer hopes that his fans and country music lovers will realize that *Wild Blue* is the most honest album he has ever made. It exposes him in the most vulnerable state of his life, and he hopes that others will find hope and meaning in the passionate intensity behind his creation. He has been painfully honest with the world, and hopes that it will resonate with those going through similar experiences.



Scott Hill, the painter who inspired Hayes’ new album, is known for creating his landscape pieces using the glazing technique.

PHOTO COURTESY OF SPOTIFY





## THE LAST DAY ON EARTH

by Connor Zimmerman '20  
Portfolio Editor

SHORT STORY



A shooting ray of sunshine runs across the pitch-black void surrounding it. The cold and lifeless void tries to smother the ray, but it continues to travel faster than anyone can comprehend. It races towards our atmosphere, hurling itself through the sky. It sees a lowly, decrepit house and finds its target. Flying towards the window, determined to penetrate past all barriers, it crashes through the window and strikes an elderly man in his face.

The elderly man wakes up in a fright. He looks over at his nightstand and sees that his alarm clock says 6:00 a.m. He slowly begins to hear the smooth jazz playing from it, as the door swings open. A sprightly man hurries in and turns the lights on. The elderly man shields his eyes, but the other one continues on with his routine. He places breakfast on the man's nightstand, turns the alarm clock off, pulls the curtains open from the windows, and helps the elderly man sit up.

"James, today is the day."

The sprightly man turns toward him and asks, "Master, what are you talking about? It is too soon."

"When you have lived a life of over two hundred years, there is no such thing as 'too soon.' The universe sent me a message this morning as a favor for all that I have done. One day to enjoy all that I cherish."

James nods his head and leaves the room. The elderly man eats his breakfast and slowly starts his routine. He gets out of bed, brushes his teeth, showers, and eventually gets dressed. Once he is finished, he walks into his library containing hundreds of shelves of books spiraling all around the room. They have been alive as long as or even longer than he has. He drags his finger across the spine of every book on a shelf near him. Eyes closed, he knows what he is looking for just by connecting with its inner energy. He finds the one he is looking for and picks it up off the shelf. He walks over to his chair and reads the pages and illustrations once again.

Smiling, he tucks the book underneath his arm and begins to walk out of the house.

He walks down the street with no destination in mind. His senses pick up on the environment around him. The smell of the fresh-cut grass created after a long morning's work. The screams of children playing with water guns to cool off on this hot day. The view of a young couple touring houses in the neighborhood hoping to find the one that they can call home. He senses it all and continues to walk down the street, albeit with a smile.

The elderly man continues to walk until he reaches the city. The smells, sounds, and sights all hit him at once. The smell of fresh fruit from the farmer's market. The rhythmic sounds of an

acoustic guitar street performer. The view of the skyscrapers standing proud over the people walking beneath. He notices all these wonders, yet he continues to walk. He finally reaches a park and finds a bench near a fountain under the shade of a tree whose leaves are losing their color. As he sits down, he hears the water cascading down from the top of the fountain. Drop by drop going into the pool beneath. Causing ripples to glide across the water, obscuring the coins beneath. He smiles and he waits.

\*\*\*

A young girl walks through the park sensing all the wonders around her, and she cannot help but smile. The chirps of squirrels climbing the trees around her. The slow change of leaves from their once vibrant green to rustic orange. The laughter of friends having a picnic on the grass. Walking, she hears the distinct trickle of water that can only

come from a fountain. She turns her head and begins to walk towards it. As she walks, she notices something shiny on the ground. She looks down and sees that it is a penny. Smiling, she picks it up and goes up to the fountain. She closes her eyes and whispers a wish. Tossing the coin into the water, she sheds a tear hoping that her wish will come true.

"You know if you say the wish it does not come true."

Startled, the girl turns around and sees an old man.

"Where did you come from?"

"I have been here for quite a while, waiting for someone to notice me."

"What do you mean, notice you? This park is always packed on the weekends."

"It takes a very special person to

notice me." He then extends his hand holding a book towards her. She looks at him, and he nods his head. She takes the book from him and instantly she can sense everything. She can see the water evaporating from the fountain on the hot day. She can feel the sweat forming underneath her own skin. She can hear the beat of the man's heart in front of her. She drops the book and her senses go numb.

She fumbles for her words, but manages to rapidly ask, "What was that? What happened? What did you do to me?"

"I did nothing, child. You have a great power inside of you. You are connected to the universe like I am. It sent me here to tell you this and start you on your path. That book is only the beginning of a great journey...if you have the courage to take the first step."

"What do you mean power? I am just a kid. My parents won't even let me stay up past 10:00 p.m."

"What did you wish for child?"

"I thought you said..."

"What did you wish for?"

"I wished that I could save my mom from dying...she has cancer."

"The power that you have is meant to be used to preserve life. To fight for it against that which will harm it." The elderly man stands up and mutters something under his breath. Suddenly the rustic orange leaves of the tree above him slowly change into their once vibrant green color. The young girl steps back in astonishment, but she feels something wet dripping above her. She turns around and falls backwards as she looks at the water suspended above in the shape of a hand waving at her. "You see child, when you are connected to the universe, it allows you a power that few can challenge. It is your destiny to fight for it like I have."

She looks towards the old man and stutters, "But how will I know what is right?"

"With time and error. But listen to the universe and you will never stray far from the path."

The elderly man begins to walk away from the girl. She shouts, "Wait! Please don't go, I have so many more questions." The elderly man begins to fade away and the young girl finds herself shouting at nothing but the air. She looks at her side and finds the book by her feet. She picks it up and looks through the pages and illustrations. She tucks the book underneath her arm and begins to head back home. She senses it all and continues to walk with a smile.

\*\*\*

The elderly man returns to his small decrepit house. As he opens the door, he finds James walking in a nervous pace. James races to hug him and says, "Where have you been? There is not much time left."

The elderly man smiles and says, "The universe gives us all the time that we need. It allowed me to find its new champion and to enjoy my last day on this planet by sensing all its wonders one last time."



# 7 Ways to View a Daffodil

by Gabriela Baron '20  
Portfolio Staff

POETRY

1.

The vivid skirts of dancers  
Swaying and twirling in the wind

2.

A morning star  
Bursting like fireworks in the  
gloomy sky

3.

The pure happiness of a child  
Its petals spreading out into a grin

4.

Midas' fingers  
A golden touch radiating prosperity

5.

A sprout from the earth  
Summoning the birds  
To commence their sweet melodies

6.

A push through strong, stubborn  
roots  
After winter

7.

The rising sun  
Blooming into a new day

PHOTO COURTESY OF FLICKR.COM

+

## An Ode To Math

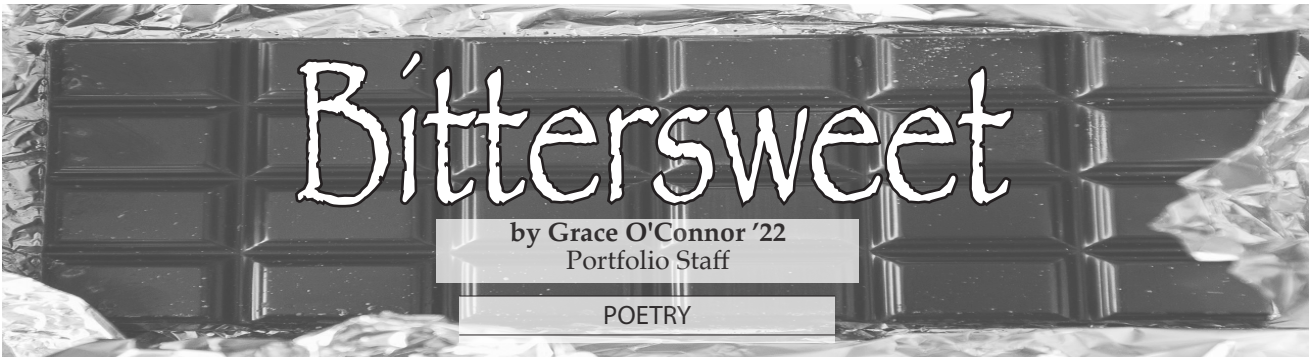
by Sarah Heavren '21  
Portfolio Staff

POETRY

O Math, you are so much more  
Than a subject students deplore.  
O Math, though done in pencil,  
You are truly transcendental.  
Some think it's numbers and tests,  
But they don't get to see the rest  
Of the wonder you possess  
As, through nature, you manifest.  
Some don't give an equation,  
Enough appreciation.  
The rules of reciprocity  
Show that you're your own philosophy.  
Through functions such as cosine  
You let us peek into the mind  
Of the Creator Divine  
With endless solutions to find.

GRAPHIC DESIGN BY SARAH KIRCHNER '21





Smooth and sweet, the chocolate rolls around my tongue  
I see happiness and sunlight  
The warmth that makes me feel young  
As the little pieces of sugar melt on my tongue  
I run through the grass with glee  
Smelling the fresh flowers  
My long hair being whipped by the wind  
I don't care about the passing hours  
The chocolate slowly becoming thinned  
I look back when the only thing surrounding me was flowers  
The ground beneath my feet is cold  
The once sweet chocolate left behind a bitter taste  
I yearn for the times when I didn't feel old  
When I did not feel a sense of disgrace

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

Dear Tiff and Earl,

I've barely been on campus a week and I'm already feeling homesick. How can I make PC feel like home?

Sincerely,  
Flown the Coop

Hi Flown the Coop,

Moving into college is a big transition, but there are a few things you can do to make campus feel more like home. Ask your parents to send you some things from your room that bring you comfort like a blanket or a stuffed animal. Or your parents can just move in with you, but don't check with your roommate first because it's better to ask for forgiveness than permission. If you're worried about missing your mom's cooking, just offer to have her take over the entire campus dining system so wherever you are you will always have a taste of home. Your mom loves you, so I'm sure she won't mind.

Good luck!

Tiff

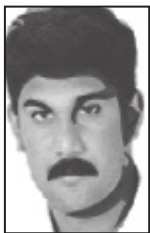


Dear Chicken,

The best way to feel at home is to find people who annoy you just like you're at home! First off, create tension with your RA by making lots of noise near their room during quiet hours and breaking parietals. That way, they'll start fussing at you just like your parents. Then join 7 clubs that you have no interest in so you can feel helplessly busy all the time, just like in high school!

Good luck,

Earl



Listomania\*

Things Orientation Leaders Say

- I love "Body" by Loud Luxury
- There's so much to do here besides drinking
- Top or Bottom?
- Friar Family
- We are going to do an icebreaker
- Ray just makes you get creative
- There's more to PC than Eaton Street
- Say a fun fact about yourself
- Where's your texting buddy?
- It's not a forced quad but a maximum occupancy room
- The new students this year are bold
- Just email Fixit, and they will come right away
- I got four hours of sleep and have never felt better
- Casino Night is the best event PC offers!
- This will be fun, I promise! (Lies through their teeth)

\*Listomania and Tiffany & Earl are both satirical pieces that do not reflect the views of Providence College or The Cowl.



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music and lyrics by Karey Kirkpatrick and Wayne Kirkpatrick  
directed by Jimmy Calitri | musical direction by Lila Kane | choreography by Jennifer Hopkins  
**production dates:** October 25-27 and November 1-3

**TUESDAY SEPTEMBER 3 @ 6:30PM, SMITH CENTER LOBBY**

**Audition Questions?**  
Email Jimmy Calitri at jcalitri@providence.edu

If you are a person with a disability and require an assistive device, service, or other accommodations to participate in this event, please contact the Central Reservations Coordinator (401-865-2070; M-F 8:30 a.m. – 4:30 p.m.) well in advance of this event.

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**Have Something  
to Say?  
Write a Letter to  
the Editor!**

**Email editor@thecowl.com**

**WHAT'S UP  
THIS WEEK  
IN FRIARTOWN?**

**Aug. 29:** Back-to-School Bingo (9 p.m., McPhail's)

**Aug. 30:** Super Bingo (9 p.m., '64 Hall)

**Aug. 31:** Free Pawsox and Fireworks Trip

**Aug. 31:** Craig Karges Show - Mindreader/Mentalist (8 p.m., '64 Hall)

**Sept. 2-3:** A Capella Auditions (7-9 p.m., Smith Center for the Arts)

**Sept. 5:** PC Dance Company Auditions (7-9 p.m., Smith Center for the Arts)



## Men's and Women's Soccer Preview

### *Soccer Teams Look to Break through to Finals*

by Jack Belanger '21  
Sports Co-Editor

PC SOCCER

Last fall, the Providence College Men's and Women's Soccer Teams both made it to their respective Big East Tournaments. The men cruised in as the third seed while the women snuck in as the sixth seed. Unfortunately, both teams lost in the semifinals: men to second-seed Georgetown University and the women to Butler University, who was also the second-seed.

This year, both squads were predicted to finish third based on the Big East Coaches' Poll. There will be a new face in net for the men as Colin Miller '18RS, former Goalkeeper of the Year, graduated while Shelby Hogan '20RS will once again return for the women.

Last season, the men started their season with a huge upset over No. 8 Southern Methodist University. The Friars pulled out the 2-1 win after playing two overtimes that ended in the 104th minute thanks to a game-winning goal by Alex DaCosta '19. The Friars would go on to dominate their Big East schedule with a record of 6-2-1 that would be good enough for a tie for the second best record in the league.

Fast forward to this year, Austin Aviza '20RS will be tasked with holding down the net for the Friars who return most of their core from the previous season. This will be Aviza's first season at PC after transferring from the University of Connecticut in the spring. He began his college career at Syracuse University for two seasons before transferring to Connecticut in 2017. In 2018, he recorded a 1.03 Goals Against Average (GAA) while also achieving five shutouts.

With a strong defensive core returning, Head Coach Craig Stewart will switch the team's formation from four guys on the back line to three, with the hope this will create more scoring opportunities for a team that has struggled to score. Ramzi Qawasmy '22 will anchor the line after being named to the Big East All-Freshman Team last season.

With no true striker on the team, the Friars will



NICHOLAS CRENSHAW '20/THE COWL

Olivia Lucia '20 is only one of four seniors on the team that this season that features 12 juniors and sophomores.

have to take on a scoring by committee approach to find the back of the net. Last year, no Friars scored more than five goals and only three players scored three or more goals.

"The big key for us this year is finishing our opportunities in the offensive third of the field," said student manager Graham Collopy '21. "In our two scrimmages we have created multiple scoring chances, but haven't always cashed in."

Luckily, the team does return Tiago Mendonca '19RS, last season's top scorer, who was the only Friar named to the Preseason All-Big East Team this year. He will be tasked with leading the team on offense and improve on his five goals last season.

Georgetown and Creighton University are also

expected to compete for the Big East title. The Hoyas and Blue Jays were predicted to finish first and second in the league respectively. Any win against Georgetown would be a boost for the Friars trying to make a bid for the NCAA Tournament. The Hoyas are currently ranked 13th in the United Soccer Coaches' Poll.

The Friars will begin their season at home on Friday, August 30 against the University of Massachusetts-Lowell.

The women last year played a tough nonconference schedule that featured three Power-Five Conference schools. The Friars were nearly unbeatable at home, going 8-1-0.

This year, Head Coach Sam Lopes returns for his sixth season with the Friars. He has found incredible success at the College as he has gotten the team into the Big East Playoffs every year.

Hogan returns to Chapey Field for her third season with the Friars. Last season, she was named to the Big East Weekly Honor Roll five times. Her 0.77 GAA ranked third in the entire conference.

The team has already played two games in 2019, finding their record at 1-1-0 with a win over Connecticut in their season opener. Hogan has made a total of nine saves and allowed a goal in each game.

The offense will once again be strong as Hannah McNulty '21 and Amber Birchwell '21, the team's top two goal scorers in 2018, return to the pitch hoping to bring the Friars to the championship. McNulty was named to the All-Big East Second Team after leading the Friars in goals and points.

There will also be a familiar face on the coaching staff this season. Former Friar Katie Day '19 will join the staff as a graduate assistant. Day was named to the All-Big East Team twice during her career at PC.

Looking around the league, Georgetown and Butler will once again be poised to compete for the top of the standings.

The women are slated two teams ranked in the top 25 in the United Coaches Poll. Georgetown is once again ranked 13th and the University of Texas at Austin is placed at 24th.

With two solid cores set in place this fall, both soccer teams have the experience and talent to compete for the Big East Championship and bring a title back to Chapey Field.



PHOTO COURTESY OF PC ATHLETICS

Danny Giffin '20, named one of three captains along Tiago Mendonca and Joao Serrano '19RS, will be one of several players expected to take a larger role on the offense this year.



# Team USA Takes Bronze at the Pan Am Games

## *First Time Since 1975 Friars Earn Medal at the Event*

by Sullivan Burgess '20  
Sports Staff

MEN'S BASKETBALL

This past August, the Big East all-star team defeated the Dominican Republic 92-83 in the Pan American games in Lima, Peru while representing USA Basketball. This win secured a bronze medal for the summer games, the third straight Pan American games in which Team USA has won the bronze medal.

For those not familiar, the Pan American games is a multi-sport event that features numerous athletes and teams from all over North, South, and even Central America as well as the Caribbean. It is played every four years, in the year preceding the Olympics.

The team's overall record was 3-2. It consisted of various players from the Big East, including four members of our very own Providence College Basketball Team. These players were Alpha Diallo '20, Nate Watson '21, David Duke Jr. '22, and AJ Reeves '22, all while being coached by the Friars' own Ed Cooley.

Seton Hall University senior guard Myles Powell showed nothing but love and respect for coach Ed Cooley, saying, "Since the first day I stepped foot on Providence campus (for training camp) he has shown me nothing but love."

In the opening game of the event, USA claimed its victory over the Virgin Islands in a 119-84 victory. In this game Diallo led the team with 20 points and 11 rebounds, staking their ground in the games.

When asked about the victory and the team going forward for the rest of the event, Cooley stated to the press, "I thought our depth was an important factor today along with our 3-point shooting. We got contributions from everyone.



PHOTO COURTESY OF PC ATHLETICS

The four Friars posed together after an early scrimmage that took place at Alumni Hall.

We have to guard the ball a little better moving forward, but today was a good day for us." Other Friar contributions in this game included Duke's 13 points and six rebounds.

The rest of the trip included a win and a loss against Venezuela, and a loss against the games favorite Argentina, all leading to the bronze-securing game against the Dominican Republic.

In this victory, Diallo was 8-12 from the court and finished with 23 points and five rebounds. On top was Villanova's Collin Gillespie, who led the team with 24 points.

At the end of the match, Cooley was nothing but proud and honored to represent the team he had in front of him. He stated, "We have been together for two short weeks and we asked a lot of these young men. The way they came together and competed for five consecutive nights was impressive. They represented our country with pride."

With the first medal won for the College since 1975, Diallo, Watson, Reeves, and Duke can look forward to taking this experience and applying it to the upcoming season.

# New Faces Show Promise for Volleyball Team

by Scott Jarosz '21  
Sports

VOLLEYBALL

After finishing the 2018 season with an overall record of 8-21 and a 2-16 record in Big East Conference play, the Providence College Women's Volleyball Team will be looking to make improvements leading up to the 2019 season.

The team's 2018 campaign ended on a particularly sour note when the Friars lost their last seven matches of the season. In addition to the team ending the season on a cold stretch, it also graduated four seniors: Megan Onyundo '19, Allison Impellizeri '19, Kara Mason '19, and Catherine Harding '19. Being without these four key players certainly brings about numerous challenges for the Friars; however, changes to the coaching staff as well as numerous additions to the roster give reason to believe that this year's team has a real chance to improve upon last season's shortcomings.

On Mar. 18, women's volleyball head coach Margot Royer-Johnson announced that Richard Gomes Jr. would join the staff as an assistant coach. Royer-Johnson had kind words to say about Gomes Jr. as well as how she expected him to contribute to the team.

Royer-Johnson stated, "Richie is a great new addition to the staff. He is a highly skilled and knowledgeable



PHOTO COURTESY OF PC ATHLETICS

Despite losing four seniors, the Friars return five players who started 19 or more matches.

coach. His enthusiasm and passion for the sport is what drew our staff and team to him. We are excited to move forward with him, as we know his passion will not only make us better but also enrich our experience both on and off the court."

Gomes' previous head coaching

experience provides even more reason to believe that he will be a valuable asset to the staff and the team. Prior to PC, Gomes served as the head coach for the Bridgewater State University Women's Volleyball Team.

In addition to Gomes being named assistant coach, the 2019 team will

also feature a strong freshman class consisting of seven players.

Two players from this class signed their National Letter of Intent (NLI) to play at PC back in November. Emma Nelson '23 is one such player. Listed at 6'1", she is an outside hitter who Royer-Johnson described as a "strong all-around player." The other player from this class who signed her NLI in 2018 is Sasha Rudich '23, a middle blocker who captained her high school team.

Alongside Nelson and Rudich, the Friars are also welcoming Brielle Mullally '23, a setter who was named to the 2018 Silver Medal Far Western Qualifier (17 Open) and won the CIFSS Division I Championship, Queen's Court Championship, and Dave Mohs Championship with her high school.

On Mullally, Royer-Johnson said that she is a "super skilled setter" with defensive and hitting skills that will "make her an all-around threat."

Mullally is joined by club teammate Jennifer Leitman '23. According to Royer-Johnson, she has "great chemistry with Brielle" and "brings a great offensive threat...from both the front and back row out of the outside position."

With a number of quality returning players, the addition of Richard Gomes Jr. as assistant coach, and a strong incoming freshman class, the Providence College Women's Volleyball team looks ready to have a highly successful 2019 campaign.



# Providence College Investigates: Which Fall Sports Team Will Have The Best Season?

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## Field Hockey

by **Meaghan Cahill '20**  
Sports Co-Editor

PCI

A week before their season kicks off, the Providence College Field Hockey Team is already proving that they are a force to be reckoned with.

In the Big East Preseason Coaches' Poll, the team was picked to finish third overall in the Big East. On top of that, players Corinne Kenney '19RS and Mary O'Reilly '20 were selected to be a part of the 14-player Preseason All-Big East Team, a team put together by the eight league coaches which features standout players from each of the Big East teams.

Kenney, who started as a defender in all 19 games of the Friars' 11-8 2018 season, finished out her senior year with a career high of five assists. She was also named to the All-Big East First Team and National Field Hockey Coaches Association Divisions I All-Northeast Region First Team and earned a spot in the Victory Sports Tours/NFHCA Senior Game.

Alongside Kenney, O'Reilly also started in all 19 games. The mid-fielder registered a career best of 10 points last season and was voted to join the roster of the Big East Field Hockey All-Tournament Team, the All-Big East, and NFHCA Division I All-Northeast Region Second Teams.

On top of having Kenney and



Parker led the Friars in scoring last season and will look to build on her success in her senior season.

PHOTO COURTESY OF PC ATHLETICS

O'Reilly returning to their roster, the field hockey team will be able to rely on many of their veteran players this upcoming season, with 14 returning players on the roster. Five players were recognized as All-Big East First or Second Team members, something that Allyson Parker '20 claims is "crucial" to the team's predicted success this season.

However, while a veteran roster will definitely help lead the team to a strong, standout season, Parker believes that the players' overall determination will be the one thing that will set them apart from others in the Big East.

The Friars are using last season's Big East semifinal knockout by Liberty University to fuel their desire to have a winning season this year. The Friars have not surpassed the semifinals in Big East Tournament play the past two seasons and did not even make the tournament during their 2016 run.

"We are sick of getting to the same place every year. We want to win the ring this year," said Parker, who led the team in goals and game-winning goals last season.

With both a highly accomplished veteran roster and the determination to make it past the semifinal round of Big East play, the Providence College Field Hockey Team is poised to complete the best fall season on campus this year.

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## Women's Soccer

by **Thomas Zinzarella '21**  
Sports Staff

PCI

Under the helm of sixth year head coach Sam Lopes, the Providence College Women's Soccer Team has enjoyed profound success, which is why they will document the best record this fall season.

The Friars finished last season with an 11-6-3 overall record and a 4-3-2 mark in Big East play. They started the year with a 3-0 record for the first time since the 2015 season and did not allow a single goal the opening 310 minutes of play.

The Friars have reached Big East postseason play every single season since Lopes has taken over the program. It is this consistency that will work in the team's favor down the road. With plenty of players with postseason experience returning to the field, the Friars will be poised to make a deep playoff run.

The Friars bring back a lot of talent, including 88 percent of their scoring from last year. This includes Hannah McNulty '21 who was tied for third in the Big East with 10 goals last season, and Amber Birchwell '21, who scored six goals of her own.

Shelby Hogan '21RS returns in net for the Friars looking to follow up a record season where she tied the program record with ten shutouts and was the 12th in the country. She was awarded All-Big East First Team, Big East All-Tournament



New Jersey Top 20 prospect Ava Brandt '23 is already making her presence felt on the field.

NICHOLAS CRENSHAW '20/THE COWL

Team, and United Soccer Coaches All-East Region Third Team.

The Big East is never easy to win in any sport, but this is especially true for women's soccer. With the likes of the Georgetown University Hoyas, who are projected to win the

Big East once again, and the Butler University Bulldogs leading the charge, the Friars are projected for a third place finish according to the Big East coaches' poll.

The Friars have already begun their regular season schedule with a

2-1 victory over rival University of Connecticut Huskies before falling to the University of Massachusetts-Amherst Minuteman 1-0. The Friars are back in action on Thursday, Aug. 29 as they take on the University of Hartford.



# A Look Around Friartown

## Cross Country:

### Upcoming:

08/31 at University of New Hampshire Tri Meet

09/20 at Coast-To-Coast Battle in Beantown

## Women’s Field Hockey:

### Upcoming:

08/30 vs. Boston College

09/01 at University of Maine

09/06 vs. Bryant University

## Men’s Soccer:

### Upcoming:

08/30 vs. University of Massachusetts-Lowell

09/02 vs. University of New Hampshire

09/06 at University of Albany

## Women’s Soccer:

08/22 vs. University of Connecticut, win 2-1

08/25 vs. University of Massachusetts-Amherst, loss 0-1

### Upcoming:

08/29 vs. University of Hartford

09/01 at Rutgers University

## Women’s Volleyball:

### Upcoming:

08/30 vs. East Carolina University  
(Puerto Rico Clasico)

08/30 vs. University of Evansville  
(Puerto Rico Clasico)

08/31 vs. George Mason University  
(Puerto Rico Clasico)



# Former Friars Ready to Go Pro *Six Players Sign Entry-Level Contracts*



PHOTO COURTESY OF PC ATHLETICS

Putigna was the 27th player in school history to have a 100+ points during her playing career.

by Cam Smith '21  
Sports Staff

ICE HOCKEY

The success of the Providence College hockey programs continued over the offseason as six former Friars signed professional hockey deals. Four of these came from former men’s squad members, as Josh Wilkins, Brandon Duhaime, Kasper Björkqvist, and Jacob Bryson who secured entry-level deals with National Hockey League clubs.

Two contracts went to former women’s team players Christina Putigna and Cassidy MacPherson; both reached terms to join teams in the National Women’s Hockey League.

Wilkins will make his way down to Tennessee, joining the Nashville Predators’ program on a two-year, entry-level contract. The silky-smooth forward is coming off an absolutely dominant year for the Friars, posting the best offensive season by a PC skater in over 15 seasons. Wilkins put up 46 points last season, good enough for ninth in the entire country, on 20 goals and 26 assists. He also owned the nation’s longest point streak last season, putting together a stretch of 13 straight games.

Duhaime agreed to his two-year, entry-level contract with the Minnesota Wild. The crafty forward joins a Minnesota program that selected him with the 106th pick of the 2016 NHL Draft. Duhaime had a strong final season in Friartown, tallying a career-high 34 points with 11 goals and 23 assists. As a result, he was named to the Team Hockey East All-Star Third team. He then proceeded to play a pivotal role in the Friars’ postseason run, tallying five points in PC’s three tournament games.

The Pittsburgh Penguins will see Björkqvist join the organization, as he too agreed to a two-year, entry level deal. The forward finished his illustrious PC career with 36 total goals and 26 assists. Pittsburgh assistant general manager Bill Guerin had high praise when asked about the



PHOTO COURTESY OF PC ATHLETICS

MacPherson was honored at the end of the 2018-2019 as the team’s recipient of the Unsung Hero Award.

signee, saying, “Kasper was able to produce in big games throughout his college career... playing for an outstanding program in Providence allowed him to go far in the NCAA Tournament each season, so he received a lot of great experience.”

The 99th pick of the 2017 NHL Draft, Bryson signed a three-year, entry-level contract with the Buffalo Sabres. The sure-footed defenseman amassed an astonishing 73 points over his career at PC, recording 11 goals and 62 assists. In his final year with the Friars, Bryson dished out 24 assists on his way to Second Team Hockey East All-Star honors.

His dominance on the ice also translated over to the classroom, as the defenseman was a Chi Alpha Sigma inductee, an honor given to student-athletes who maintain at least a 3.40 grade point average though their first five semesters.

Putigna will be staying in New England, as she agreed to a contract with the Boston Pride. The Pride will be picking up a prolific scorer in Putigna, the star forward accumulated a whopping 110 points in her collegiate career. As a senior assistant captain last season, Putigna registered 15 goals and 15 assists while leading the Friars to the Hockey East semi-finals.

“It’s exciting and humbling to have this opportunity to sign with the Pride,” said Putigna. “It means a lot to me to get the chance to remain in New England and pursue my hockey career.”

The final Friar to sign, MacPherson, signed her deal with the Buffalo Beauts. The forward recorded 78 points in her college career, netting 25 goals and 53 assists.

Beauts head coach Pete Perram lauded MacPherson’s skill with the puck, saying “[MacPherson] is a smooth and speedy skater with exceptional hands.”

MacPherson expressed her excitement with her signing, saying, “It has been a dream of mine to play in the NWHL, and I’m looking forward to a great season ahead in Buffalo.”



PHOTO COURTESY OF PITTSBURGH PENGUINS

Bjorkqvist (above) is also a member of Finland’s World Junior Team, which won gold at the 2016 World Junior Championships.





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